

The Aspiring Singer's Tone-Deaf Solution

Core Lesson Plan



Level	Exercise Name	Objective	Est. Time	Completed
1	Holy Grail Exercise			
1.1	"ee" Vowel Single Note	Can sing an "ee" vowel sound on a single note, steadily and on pitch for a full 5 seconds	1 week	<input type="checkbox"/>
1.2	5 Vowels Single Note	Can sing all 5 vowels on a single note, on pitch for a full 10 seconds	1-2 weeks	<input type="checkbox"/>
1.3	5 Vowels 3 Notes	Can sing all 5 vowels across 3 notes in a row, 10 seconds each	1-3 weeks	<input type="checkbox"/>
1.4	5 Vowels 7 Notes	Can sing all 5 vowels across 7 notes in a row, 10 seconds each	1-3 weeks	<input type="checkbox"/>
1.5	5 Vowels 12 Notes	Can sing all 5 vowels across 12 notes in a row, 10 seconds each	2-3 weeks	<input type="checkbox"/>
2	Intervals Exercise			
2.1	"ee" Vowel 1 Octave Ascending	Can sing "ee" vowel across each ascending interval within a single octave	1-2 weeks	<input type="checkbox"/>
2.2	"ee" Vowel 1 Octave Descending	Can sing "ee" vowel across each descending interval within a single octave	1-2 weeks	<input type="checkbox"/>
2.3	5 Vowels 1 Octave Ascending	Can sing all 5 vowels across each ascending interval within a single octave	2-3 weeks	<input type="checkbox"/>
2.4	5 Vowels 1 Octave Descending	Can sing all 5 vowels across each descending interval within a single octave	2-3 weeks	<input type="checkbox"/>
2.5	5 Vowels 2 Octaves Ascending	Can sing all 5 vowels across each ascending interval in your next higher octave	2-3 weeks	<input type="checkbox"/>
2.6	5 Vowels 2 Octaves Descending	Can sing all 5 vowels across each descending interval in your next higher octave	2-3 weeks	<input type="checkbox"/>
2.7	All Above Exercises Next Root	Apply the above exercises to the next root note half a step higher than your original root note, working through an octave	10-16 weeks	<input type="checkbox"/>
3	Song-Learning Exercise			
3.1	1st and 2nd Notes 5x	Can sing the 1st and 2nd notes for 5 seconds each, 5 times in 1 session	1 week	<input type="checkbox"/>
3.2	2nd and 3rd Notes 5x	Can sing the 2nd and 3rd notes for 5 seconds each, 5 times in 1 session	1 week	<input type="checkbox"/>
3.3	1st, 2nd, and 3rd Notes 5x	Can sing the 1st, 2nd, and 3rd notes for 5 seconds each, 5 times in 1 session	1 week	<input type="checkbox"/>
3.4	3rd and 4th Notes 5x	Can sing the 1st, 2nd, and 3rd notes for 5 seconds each, 5 times in 1 session	1 week	<input type="checkbox"/>
3.5	1st, 2nd, 3rd, and 4th Notes 5x	Can sing the 1st, 2nd, 3rd, and 4th notes for 5 seconds each, 5 times in 1 session	1 week	<input type="checkbox"/>
3.6	4th and 5th Notes 5x	Can sing the 4th and 5th notes for 5 seconds each, 5 times in 1 session	1 week	<input type="checkbox"/>
3.7	Continue this pattern for all unique note combinations in your song	Practice the latest 2 notes back to back, holding for 5 seconds each 5 times in 1 session, then practice all notes up to the latest learned notes together, 5 seconds each, 5 times in 1 session	4+ weeks	<input type="checkbox"/>
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