

TEMPO CHART

Begin at upper left hand corner and continue through chart until your ability to play breaks down.
Finish the week, then return to upper left hand corner and repeat the process ad nauseum!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week I	60	66	72	76	80	84	88
Week II	66	72	76	80	84	88	92
Week III	72	76	80	84	88	92	96
Week IV	76	80	84	88	92	96	100
Week V	80	84	88	92	96	100	104
Week VI	84	88	92	96	100	104	108
Week VII	88	92	96	100	104	108	112
Week VIII	92	96	100	104	108	112	116
Week IX	96	100	104	108	112	116	120
Week X	100	104	108	112	116	120	126
Week XI	104	108	112	116	120	126	132
Week XII	108	112	116	120	126	132	138
Week XIII	112	116	120	126	132	138	144
Week XIV	116	120	126	132	138	144	152
Week XV	120	126	132	138	144	152	156
Week XVI	126	132	138	144	152	156	160
Week XVII	132	138	144	152	156	160	168
Etc.	↓	↓	↓	↓	↓	↓	↓