

# Long Tone Challenge

- 1.) Pick one low note per day (Bb, B, C, or C# on the saxophone)
- 2.) Play the long tone with the play along track
- 3.) Relax, correct your posture, sing the note, check mark on paper
- 4.) Repeat 100x
- 5.) Use a tuner the whole time to make sure the note is in tune.

**Date:**

**Long Tone Note:**

**100x:**

**Date:**

**Long Tone Note:**

**100x:**

**Date:**

**Long Tone Note:**

**100x:**

**Date:**

**Long Tone Note:**

**100x:**

**Date:**

**Long Tone Note:**

**100x:**