FREE PRINTABLE CHART

Piano Scales for Beginners

1 thumb · 2 index · 3 middle · 4 ring · 5 pinky
RH = right hand · LH = left hand
One octave, going up; reverse the fingers coming down

THE FIRST 9 SCALES, IN THE ORDER I TEACH THEM

● Weeks 1-2 ● Weeks 3-4 ● Weeks 5-8

C major

No sharps or flats



	C	D	E	F	G	A	B	C
RH	1	2	3	1	2	3	4	5
LH	5	4	3	2	1	3	2	1

A minor

No sharps or flats



	A	B	C	D	E	F	G	A
RH	1	2	3	1	2	3	4	5
LH	5	4	3	2	1	3	2	1

G major

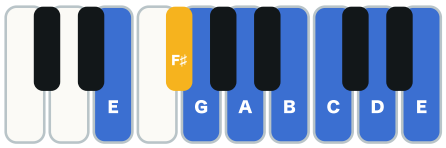
1 sharp: F♯



	G	A	B	C	D	E	F♯	G
RH	1	2	3	1	2	3	4	5
LH	5	4	3	2	1	3	2	1

E minor

1 sharp: F♯



	E	F♯	G	A	B	C	D	E
RH	1	2	3	1	2	3	4	5
LH	5	4	3	2	1	3	2	1

F major

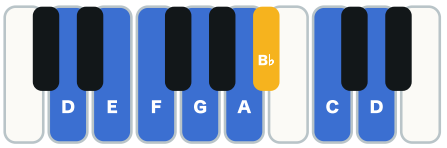
1 flat: B♭



	F	G	A	B♭	C	D	E	F
RH	1	2	3	4	1	2	3	4
LH	5	4	3	2	1	3	2	1

D minor

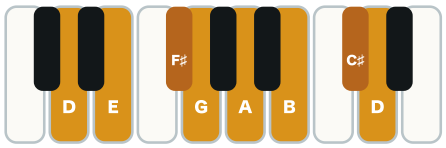
1 flat: B♭



	D	E	F	G	A	B♭	C	D
RH	1	2	3	1	2	3	4	5
LH	5	4	3	2	1	3	2	1

D major

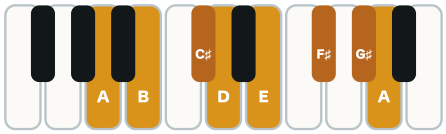
2 sharps: F♯, C♯



	D	E	F♯	G	A	B	C♯	D
RH	1	2	3	1	2	3	4	5
LH	5	4	3	2	1	3	2	1

A major

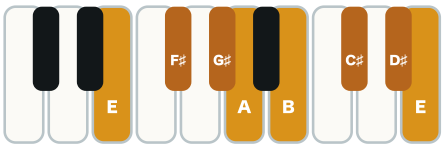
3 sharps: F♯, C♯, G♯



	A	B	C♯	D	E	F♯	G♯	A
RH	1	2	3	1	2	3	4	5
LH	5	4	3	2	1	3	2	1

E major

4 sharps: F♯, C♯, G♯, D♯



	E	F♯	G♯	A	B	C♯	D♯	E
RH	1	2	3	1	2	3	4	5
LH	5	4	3	2	1	3	2	1

BEGINNER ARPEGGIOS

C major



RH 1 2 3 5 · LH 5 4 2 1

G major



RH 1 2 3 5 · LH 5 4 2 1

F major



RH 1 2 3 5 · LH 5 4 2 1

A minor



RH 1 2 3 5 · LH 5 4 2 1

Thumb under, finger 3 over
Going up, the right thumb tucks under after finger 3. Coming down, finger 3 crosses over the thumb.

Only one exception
F major right hand is 1 2 3 4 1 2 3 4, so the thumb never lands on B♭.

The tempo ladder
60 bpm, 1 note per click → 2 notes per click → 80 → 100. Move up after three clean runs.

MY PRACTICE TRACKER: TICK A BOX FOR EVERY DAY YOU PLAY YOUR SCALES

WEEK 1 · SCALE: _____

☐ ☐ ☐ ☐ ☐ ☐ ☐
M T W T F S S

WEEK 2 · SCALE: _____

☐ ☐ ☐ ☐ ☐ ☐ ☐
M T W T F S S

WEEK 3 · SCALE: _____

☐ ☐ ☐ ☐ ☐ ☐ ☐
M T W T F S S

WEEK 4 · SCALE: _____

☐ ☐ ☐ ☐ ☐ ☐ ☐
M T W T F S S

Major: W W H W W W H · Natural minor: W H W W H W W · Full guide and play-along keyboard online

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