



Beginner Singing Range Tracker

Step-by-Step Instructions

1. Download a free piano or keyboard app on your phone.
2. Warm up your voice for 3–5 minutes using humming or lip trills.
3. Start at a comfortable pitch and slide downward to find your lowest comfortable note.
4. Start again and slide upward to find your highest comfortable note.
5. Use your keyboard app to match and identify each note.
6. Record your results below.
7. Retest your range after 30 days of practice.

Your Results

Name: _____

Date: _____

Lowest Comfortable Note: _____

Highest Comfortable Note: _____

Full Range (Example: C3 – G4): _____

30-Day Retest Lowest Note: _____

30-Day Retest Highest Note: _____

30-Day Retest Full Range: _____

No pain. No pushing. Build your voice with strength and control.