

AMF 90-DAY WORKBOOK

Your personal practice journal for the Aesthetic Melody Framework.

HOW TO USE THIS WORKBOOK

- 1 Use this alongside the 90-Day Practice Plan — one weekly page per week.
- 2 The Ladder Warmup happens every session — it's printed at the top of every weekly page.
- 3 Templates at the back (pages 14–18) can be photocopied or used multiple times.
- 4 Write everything — composition sketches, analysis notes, observations. The act of writing is half the learning.

6-MILESTONE PROGRESS TRACKER

☐ **Day 7 — Sing the stability ladder cold in under 5 seconds**
Date achieved: _____

☐ **Day 14 — Draw the zone map from memory**
Date achieved: _____

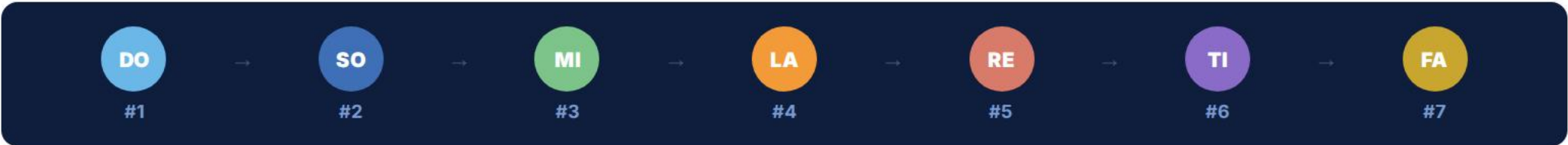
☐ **Day 30 — Label any note's zone over a static chord in under 3 seconds**
Date achieved: _____

☐ **Day 45 — Hear a chord change and predict the zone shift**
Date achieved: _____

☐ **Day 60 — Full verse analysis in real time while singing**
Date achieved: _____

☐ **Day 90 — The Instinct Test passes**
Date achieved: _____

STABILITY LADDER REFERENCE



► Open every session: Sing DO-SO-MI-LA-RE-TI-FA forward + backward over a drone. (2 min)

THIS WEEK'S FOCUS

Memorize DO-SO-MI-LA-RE-TI-FA as a physical, singable sequence. By Day 7 you should be able to sing it cold in under 5 seconds.

DAILY LOG

DAY 1 Learn & sing the order 10× forward, 5× backward

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 2 Sing ladder over drone, feel the pull of each note

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 3 Rank 20 random notes 1-7 without looking

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 4 Read Sheet 1A, place each note in its zone over C chord

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 5 Compose a 4-note phrase using only Zone 1 notes

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

THIS WEEK'S COMPOSITION SKETCH — WRITE A PHRASE USING THIS WEEK'S CONCEPT. LABEL EACH NOTE'S ZONE BELOW THE STAFF.

Zone labels:

Zone labels:

Zone labels:

WEEKLY REFLECTION

What clicked this week:

What's still fuzzy:

I'll repeat or focus on next time:

Sweet Home Chicago moment this week:

► Open every session: Sing DO–SO–MI–LA–RE–TI–FA forward + backward over a drone. (2 min)

THIS WEEK'S FOCUS

Label, substitute, and target zones in real melodies. Move fluidly between zone names and the emotional feel they create.

DAILY LOG

DAY 8 Analyze a known melody, label each note's zone

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 9 Zone substitution — swap one note, hear the shift

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 10 Compose phrase visiting all 4 zones

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 11 Sweet Home Chicago — first pass, zone vs. not zone 1

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 12 Compose phrases ending in Zone 1, 2, and 4

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

THIS WEEK'S COMPOSITION SKETCH — WRITE A PHRASE USING THIS WEEK'S CONCEPT. LABEL EACH NOTE'S ZONE BELOW THE STAFF.

Zone labels:

Zone labels:

Zone labels:

WEEKLY REFLECTION

What clicked this week:

What's still fuzzy:

I'll repeat or focus on next time:

Sweet Home Chicago moment this week: _____

► Open every session: Sing DO–SO–MI–LA–RE–TI–FA forward + backward over a drone. (2 min)

THIS WEEK'S FOCUS

Combine stability + zones + keywords. The three tools from Phase 1 should now work together in real-time analysis and composition.

DAILY LOG

DAY 22 Draw the full map + ladder from memory in 60 sec

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 23 Analyze a melody — name, rank, zone for every note

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 24 Analyze a second melody

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 25 Compose 2-bar zone arc (Zone 1 → tension → Zone 1)

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 26 Write 3 versions, pick the one that moves you most

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

THIS WEEK'S COMPOSITION SKETCH — WRITE A PHRASE USING THIS WEEK'S CONCEPT. LABEL EACH NOTE'S ZONE BELOW THE STAFF.

Zone labels:

Zone labels:

Zone labels:

WEEKLY REFLECTION

What clicked this week:

What's still fuzzy:

I'll repeat or focus on next time:

Sweet Home Chicago moment this week:

► Open every session: Sing DO–SO–MI–LA–RE–TI–FA forward + backward over a drone. (2 min)

THIS WEEK'S FOCUS

Instantly identify whether a note belongs to the chord. Chord tones are your anchor points — everything else is color.

DAILY LOG

DAY 31 Memorize chord tones for C, F, G7, Am

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 32 Chord tone test — 20 rounds, play chord + sing note, is it in the chord?

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 33 20 more rounds, aim for 90% accuracy

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 34 Add passing tone between chord tones, hear the color

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 35 Compose I–IV–V–I melody with chord tone landings

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

THIS WEEK'S COMPOSITION SKETCH — WRITE A PHRASE USING THIS WEEK'S CONCEPT. LABEL EACH NOTE'S ZONE BELOW THE STAFF.

Zone labels:

Zone labels:

Zone labels:

WEEKLY REFLECTION

What clicked this week:

What's still fuzzy:

I'll repeat or focus on next time:

Sweet Home Chicago moment this week: _____

► Open every session: Sing DO–SO–MI–LA–RE–TI–FA forward + backward over a drone. (2 min)

THIS WEEK'S FOCUS

The same note over different chords = different zones. Context is everything — practice hearing one note shift meaning as the harmony moves.

DAILY LOG

DAY 38 Hold RE over C, F, G7, Dm — write zone for each

Zone used:

1

2

3

4

DAY 39 Sing RE over each chord in turn without stopping

Zone used:

1

2

3

4

DAY 40 Pick your own note, run it through 4 chords

Zone used:

1

2

3

4

DAY 41 Do the same with 2 more notes

Zone used:

1

2

3

4

DAY 42 Compose melody where one note is held while chord changes

Zone used:

1

2

3

4

THIS WEEK'S COMPOSITION SKETCH — WRITE A PHRASE USING THIS WEEK'S CONCEPT. LABEL EACH NOTE'S ZONE BELOW THE STAFF.

Zone labels:

Zone labels:

Zone labels:

WEEKLY REFLECTION

What clicked this week:

What's still fuzzy:

I'll repeat or focus on next time:

Sweet Home Chicago moment this week:

► Open every session: Sing DO–SO–MI–LA–RE–TI–FA forward + backward over a drone. (2 min)

THIS WEEK'S FOCUS

Passing, Neighbor, Anticipation, Suspension — the four NCT types give color without losing direction. Practice each until it feels intentional.

DAILY LOG

DAY 45 Passing tone — DO → RE → MI over C, compose 3 phrases

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 46 Neighbor tone — SO → LA → SO, compose 3 phrases

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 47 Anticipation — melody note arrives one beat early

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 48 Suspension — FA held into C chord, resolves to MI

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 49 Analyze Sweet Home Chicago for all NCT types

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

THIS WEEK'S COMPOSITION SKETCH — WRITE A PHRASE USING THIS WEEK'S CONCEPT. LABEL EACH NOTE'S ZONE BELOW THE STAFF.

Zone labels:

Zone labels:

Zone labels:

WEEKLY REFLECTION

What clicked this week:

What's still fuzzy:

I'll repeat or focus on next time:

Sweet Home Chicago moment this week:

► Open every session: Sing DO–SO–MI–LA–RE–TI–FA forward + backward over a drone. (2 min)

THIS WEEK'S FOCUS

Track what happens when the chord moves. Stay Sweet, Turn Tense, Float Free — three behaviors that tell you how to handle any note through a chord change.

DAILY LOG

DAY 52 Stay Sweet — hold SO through C→G, hear stability

Zone used:

1

2

3

4

DAY 53 Compose a backbone-note phrase

Zone used:

1

2

3

4

DAY 54 Turn Tense — hold note that becomes non-chord on chord change

Zone used:

1

2

3

4

DAY 55 Float Free — hold note that chord change adopts

Zone used:

1

2

3

4

DAY 56 Sweet Home Chicago with chord changes — full context analysis

Zone used:

1

2

3

4

THIS WEEK'S COMPOSITION SKETCH — WRITE A PHRASE USING THIS WEEK'S CONCEPT. LABEL EACH NOTE'S ZONE BELOW THE STAFF.

Zone labels:

Zone labels:

Zone labels:

WEEKLY REFLECTION

What clicked this week:

What's still fuzzy:

I'll repeat or focus on next time:

Sweet Home Chicago moment this week:

► Open every session: Sing DO–SO–MI–LA–RE–TI–FA forward + backward over a drone. (2 min)

THIS WEEK'S FOCUS

Score your phrases, aim for section ratios. Verse ~50% Zone 1, Chorus ~60%, Bridge heavy on Zone 3+4. Balance is a design decision.

DAILY LOG

DAY 61 Score 3 of your phrases — count notes per zone

Zone used:

1

2

3

4

DAY 62 Compare to reference ratios on Sheet 6A

Zone used:

1

2

3

4

DAY 63 Compose "verse" phrase targeting 50% Zone 1

Zone used:

1

2

3

4

DAY 64 Compose "chorus" phrase targeting 60% Zone 1

Zone used:

1

2

3

4

DAY 65 Compose "bridge" phrase with heavy Zone 3+4

Zone used:

1

2

3

4

THIS WEEK'S COMPOSITION SKETCH — WRITE A PHRASE USING THIS WEEK'S CONCEPT. LABEL EACH NOTE'S ZONE BELOW THE STAFF.

Zone labels:

Zone labels:

Zone labels:

WEEKLY REFLECTION

What clicked this week:

What's still fuzzy:

I'll repeat or focus on next time:

Sweet Home Chicago moment this week:

► Open every session: Sing DO–SO–MI–LA–RE–TI–FA forward + backward over a drone. (2 min)

THIS WEEK'S FOCUS

Map the emotional arc before writing. The Section Planner forces intentional choices — every section should have a zone target before a note is sung.

DAILY LOG

DAY 68 Fill Section Planner for a 4-section song

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 69 Write verse melody from the plan

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 70 Write chorus melody from the plan

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 71 Compose bridge — Zone 3 and 4 dominant

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 72 Analyze a complete song's tension arc

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

THIS WEEK'S COMPOSITION SKETCH — WRITE A PHRASE USING THIS WEEK'S CONCEPT. LABEL EACH NOTE'S ZONE BELOW THE STAFF.

Zone labels:

Zone labels:

Zone labels:

WEEKLY REFLECTION

What clicked this week:

What's still fuzzy:

I'll repeat or focus on next time:

Sweet Home Chicago moment this week: _____

► Open every session: Sing DO–SO–MI–LA–RE–TI–FA forward + backward over a drone. (2 min)

THIS WEEK'S FOCUS

Run the 8-step audit on real melodies — yours and published. The checklist turns vague dissatisfaction into specific, fixable problems.

DAILY LOG

DAY 75 Run 8-step audit on one of your composed phrases

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 76 Identify and fix at least one thing

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 77 Check last 5 phrases for red flags

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 78 Fix any red flags found

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 79 Analyze a published song using full 8-step audit

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

THIS WEEK'S COMPOSITION SKETCH — WRITE A PHRASE USING THIS WEEK'S CONCEPT. LABEL EACH NOTE'S ZONE BELOW THE STAFF.

Zone labels:

Zone labels:

Zone labels:

WEEKLY REFLECTION

What clicked this week:

What's still fuzzy:

I'll repeat or focus on next time:

Sweet Home Chicago moment this week: _____

► Open every session: Sing DO–SO–MI–LA–RE–TI–FA forward + backward over a drone. (2 min)

THIS WEEK'S FOCUS
Compose your capstone piece. Plan first, write section by section from the plan, then run the full 8-step audit on the complete song.

DAILY LOG

DAY 82 Fill Section Planner for full song (Verse / Pre-Chorus / Chorus / Bridge)

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 83 Write verse + pre-chorus from plan

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 84 Write chorus from plan

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 85 Write bridge from plan

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

DAY 86 Run full 8-step audit on your 90-Day Song

Zone used: ☐ 1 ☐ 2 ☐ 3 ☐ 4

90-DAY SONG — CAPSTONE COMPOSITION SKETCH. LABEL EACH NOTE'S ZONE BELOW THE STAFF.

Zone labels (Verse):

Zone labels (Chorus):

Zone labels (Bridge):

FINAL REFLECTION

What changed most in how I hear melody:

The concept that unlocked the most:

What I'll keep practicing beyond Day 90:

Sweet Home Chicago moment this week:

NOTE ANALYSIS GRID

Use for any melody. Photocopy or fill out digitally multiple times.

TEMPLATE — PHOTOCOPY OR USE MULTIPLE TIMES

Song: _____ Key: _____ Chord: _____

#	NOTE	STABILITY RANK (1-7)	CHORD	CHORD TONE? (Y/N)	ZONE (1-4)	EMOTIONAL QUALITY
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

Phrase zone distribution: Zone 1: _____ Zone 2: _____ Zone 3: _____ Zone 4: _____

Dominant feel of this phrase:

Song: _____ Key: _____ Chord: _____

#	NOTE	STABILITY RANK (1-7)	CHORD	CHORD TONE? (Y/N)	ZONE (1-4)	EMOTIONAL QUALITY
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

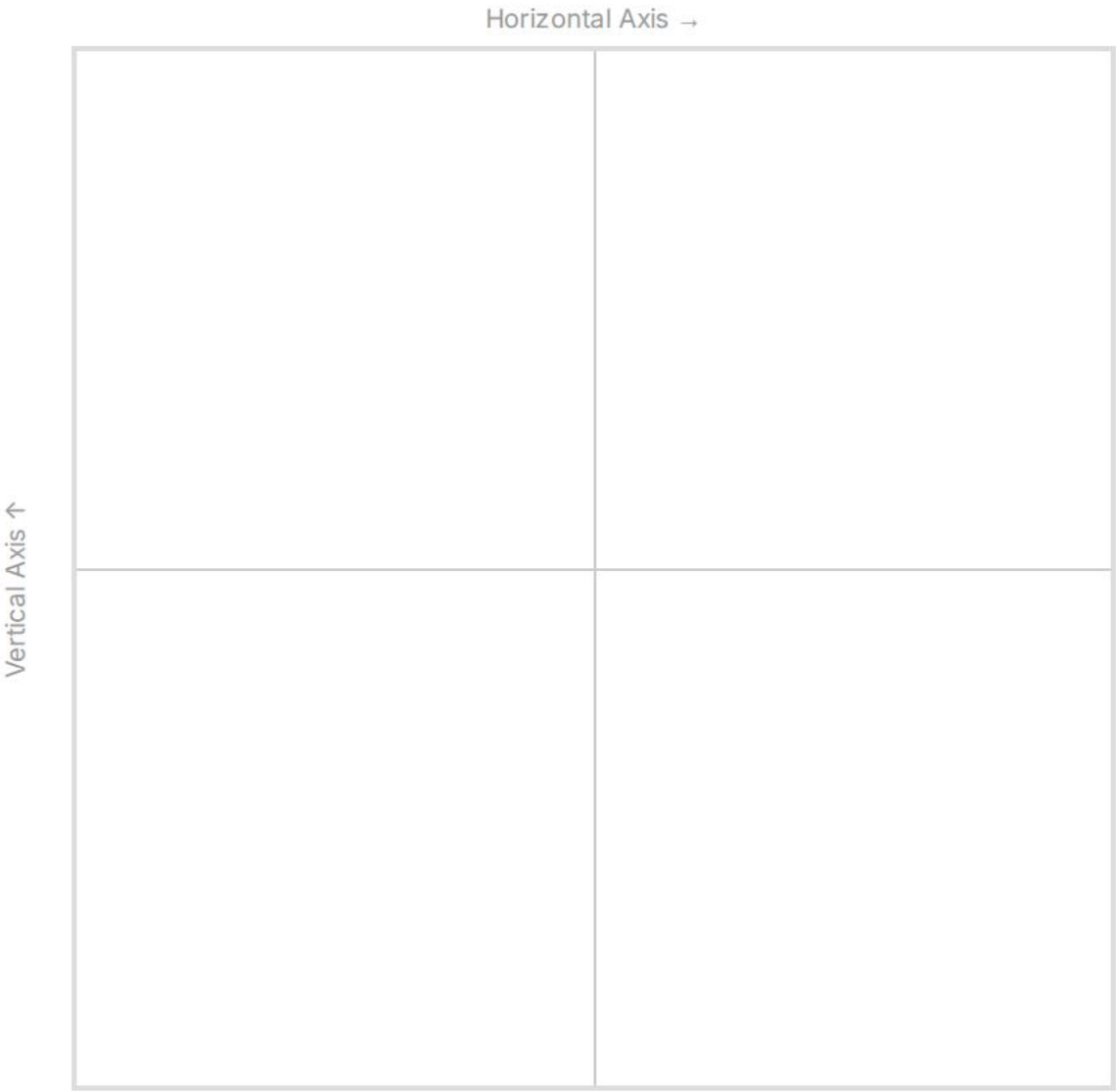
Phrase zone distribution: Zone 1: _____ Zone 2: _____ Zone 3: _____ Zone 4: _____

Dominant feel of this phrase:

ZONE MAP — DRAW FROM MEMORY

Cover your reference sheets. Fill in zone names, emotional keywords, axis labels, and which notes belong in each zone. Then check Sheet 1A.

TEMPLATE — PHOTOCOPY OR USE MULTIPLE TIMES



Axis 1 (horizontal):

Axis 2 (vertical):

Time taken: Accuracy:

AFTER CHECKING — WHAT DID I MISS OR MIX UP?

.....

.....

.....

SECOND ATTEMPT — AFTER CORRECTION

Date: Time taken: Accuracy:

.....

.....

SONG ANALYSIS TEMPLATE

Analyze any song using AMF language. Fill in one per song.

TEMPLATE — PHOTOCOPY OR USE MULTIPLE TIMES

Song: Artist: Key:

Chord progression:

SECTION	FIRST NOTE	HIGHEST NOTE	LAST NOTE	DOMINANT ZONE	NCT TYPES PRESENT
Verse					
Chorus					
Bridge					
Other					

What makes this melody effective? (use AMF language):

One thing I would change:

Song: Artist: Key:

Chord progression:

SECTION	FIRST NOTE	HIGHEST NOTE	LAST NOTE	DOMINANT ZONE	NCT TYPES PRESENT
Verse					
Chorus					
Bridge					
Other					

What makes this melody effective?

One thing I would change:

TEMPLATE — PHOTOCOPY OR USE MULTIPLE TIMES

NOTE 1 ZONE

.....

.....

Chord:

Staff 1

NOTE 1 ZONE

Chord:

BALANCE TALLY SHEET + EXTRA WEEKLY REFLECTION

Tally zone distribution for any phrase. Use the reflection below for overflow weeks.

TEMPLATE — PHOTOCOPY OR USE MULTIPLE TIMES

NOTE SLOTS — WRITE NOTE NAME, ZONE, AND CHORD TONE STATUS

Zone: ____
CT? Y/N

Zone: ____
CT? Y/N

Zone: ____
CT? Y/N

Zone: ____
CT? Y/N

Zone: ____
CT? Y/N

Zone: ____
CT? Y/N

Zone: ____
CT? Y/N

Zone: ____
CT? Y/N

Zone 1: ____

Zone 2: ____

Zone 3: ____

Zone 4: ____

% Sweet (Z1+Z2): _____%

% Color/Tension (Z3+Z4): _____%

Target for this section type: _____

Matches target?

Y

N

What to adjust: _____

Zone: ____
CT? Y/N

Zone: ____
CT? Y/N

Zone: ____
CT? Y/N

Zone: ____
CT? Y/N

Zone: ____
CT? Y/N

Zone: ____
CT? Y/N

Zone: ____
CT? Y/N

Zone: ____
CT? Y/N

Zone 1: ____

Zone 2: ____

Zone 3: ____

Zone 4: ____

% Sweet: _____%

% Tension: _____%

Target: _____

EXTRA WEEKLY REFLECTION — WEEK: _____

What clicked this week:

What's still fuzzy:

I'll repeat or focus on next time: