One phrase.
Three steady beats.

A small count–tap–play loop for a passage in 3/4.

60	3/4	12 sec
beats per minute	quarter-note clicks	for four bars

1 – 2 – 3 | **1** – 2 – 3

Listen for the brighter click on 1. One beat is one second at this setting.

Date

Instrument / voice

Today’s passage or bar numbers

Try	One thing at a time	Mark each bar
Count	Say 1, 2, 3 over four bars.	☐ ☐ ☐ ☐
Tap	Count and tap each beat for four bars.	☐ ☐ ☐ ☐
Play	Play one familiar phrase for four bars, then stop.	☐ ☐ ☐ ☐

Follow the phrase’s rhythm; not every click needs a note. Pause or use a smaller section if you lose your place. Sixty BPM is a starting point, not a score.

One thing I noticed

Next time I will try

Open the free 60 BPM · 3/4 metronome ↗
mossbeat.wefwioejfo.chatgpt.site/practice/3-4-60-bpm

A blank template, not a customer result. Pebble and the browser metronome are free. No account or microphone needed. Keep the tab visible and screen awake during playback.