

The F Major Scale  
(1 Octave, both hands, ascending and descending)

The image shows a musical score for the F Major Scale, one octave, both hands, ascending and descending. The score is written in 4/4 time and consists of two staves: a treble clef staff (top) and a bass clef staff (bottom). The notes and fingerings are as follows:

Hand	Direction	Scale Degree	Note	Fingering
Right Hand (Treble Clef)	Ascending	1	F	1
		2	G	2
		3	A	3
		4	Bflat	4
		1	C	1
		2	D	2
		3	E	3
Right Hand (Treble Clef)	Descending	4	F	4
		3	E	3
		2	D	2
		1	C	1
		2	Bflat	2
		3	A	3
		4	G	4
Left Hand (Bass Clef)	Ascending	1	F	1
		2	G	2
		3	A	3
		4	Bflat	4
		1	C	1
		2	D	2
		3	E	3
Left Hand (Bass Clef)	Descending	4	F	4
		3	E	3
		2	D	2
		1	C	1
		2	Bflat	2
		3	A	3
		4	G	4