

Session & Demo Tracking Sheet

Capture everything that happened in the session, while you still remember it.

WORKING TITLE

DATE OF SESSION

STUDIO / LOCATION

SESSION LENGTH (START-END)

Who was in the room

NAME	ROLE	PRO	IPI / CAE
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Song details

KEY

 BPM / TEMPO

TIME SIGNATURE

 CAPO / TUNING

CHORD PROGRESSION (VERSE)

CHORD PROGRESSION (CHORUS)

Demo / recording notes

Voice memo name, DAW session filename, cloud link — anywhere the demo lives.

Action items after the session

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