

Modern modes are based on the seven intervals between the eight notes in a given scale starting with the first note or "root". Here are the intervals for the seven modern modes starting with the interval between the root and 2nd note of the scale:

Mode Intervals: (T=whole step, s= 1/2 step)

Ionian (Major):	T-T-s-T-T-T-s
Dorian:	T-s-T-T-T-s-T
Phrygian:	s-T-T-T-s-T-T
Lydian:	T-T-T-s-T-T-s
Mixolydian:	T-T-s-T-T-s-T
Aeolian:	T-s-T-T-s-T-T
Locrian:	s- T-T-s-T-T-T

Examples:

The examples are presented in four lines of musical notation, each with its mode name and interval sequence below it:

- Line 1:** C Ionian (major) D Dorian, D Ionian, E Phrygian. Intervals: T T s T T T s, T s T T T s T, s T T T s T T.
- Line 2:** E Ionian, F Lydian, F Ionian, G Mixolydian. Intervals: T T T s T T s, T T T s T T s.
- Line 3:** G Ionian, A Aeolian, A Ionian, B Locrian. Intervals: T s T T s T T, s T T s T T T.
- Line 4:** B Ionian. Interval: T s T T s T T T.