

Practice Tracker Spreadsheet

WEEK 1	Day 1	2	3	4	5	6	7
Body alignment (1, 2)	Yes or No?						
Breath (1, 2, 3, 4)	Yes or No?						
Resonance (1, 2, 3)	Yes or No?						
Straw Exercises	Yes or No?						
Vocalise #1	Note your highest comfortable note						
Vocalise #2	Note your highest comfortable note						
Vocalise #3	Note your highest comfortable note						
Vocalise #4	Note your highest comfortable note						
Vocalise #5	Note your highest comfortable note						
Journal							
LEGEND							
Body alignment 1	Spine against door			Resonance 1	Controlled shout		
2	Jaw freedom/tension			2	Yawn imitation		
				3	Speak text in projected voice		
Breath 1	Lie on floor, touch abs, breathe			Straw Exercises	https://www.youtube.com/watch?v=0xYDvwvmBIM		
2	Controlled exhalation			Vocalise 1	1-3-5-3-1 on 'wa'		
3	Controlled exhalation on lip trill			2	1...5...1 on 'bi di'		
4	Push ups			3	5...4-3-2-1 on 'ka'		
				4	1-3-2-4-3-5-4-2-1 on 'i + a'		
				5	5s and 9s on 'i + a'		