

# THE SINGER'S JOURNAL

by Lacy Kay

## HOW TO USE YOUR **DAILY VOCAL TRACKER**

USE EACH WARM UP OR PRACTICE TO HELP REMEMBER WHAT YOU WORKED ON AND TO KEEP YOUR PROGRESS MOVING FORWARD!

CIRCLE THE DAY, JOT DOWN THE DATE, THE TIME, AND A QUICK GOAL FOR YOUR PRACTICE. MAKE NOTE OF YOUR ENERGY LEVEL, HOW MUCH WATER YOU'VE CONSUMED IN THE DAY, AND YOUR OVERALL MOOD.

THE GOAL ISN'T TO COMPLETE EVERY TASK, BUT INSTEAD CHECK OFF THE WARM UPS / PRACTICES THAT YOU WORKED ON.

AIM TO PRACTICE, 10 MINUTES A DAY, OR 20 MINUTES 3 TIMES A WEEK. LITTLE AND OFTEN GOES A LONG WAY.

### INCLUDED

1 X DAILY VOCAL TRACKER (UNLIMITED PRINTS)

1 X GUIDE EXAMPLE

1 X CUSTOMIZABLE DAILY VOCAL TRACKER (UNLIMITED PRINTS)

# DAILY VOCAL TRACKER

REFLECTION

DURATION

DAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

DATE

TIME \_\_\_\_\_ AM / PM INTENTION \_\_\_\_\_

## ENERGY LEVEL



## HYDRATION



## MOOD



### BODY & BREATH

face stretches	<input type="checkbox"/>
body stretches	<input type="checkbox"/>
posture check	<input type="checkbox"/>
breath placement	<input type="checkbox"/>
breathing rounds	<input type="checkbox"/>

### VOCAL WARM UPS

sirens	<input type="checkbox"/>
trills	<input type="checkbox"/>
hum glides	<input type="checkbox"/>
vocal glides	<input type="checkbox"/>
relaxed yawns	<input type="checkbox"/>
scales	<input type="checkbox"/>
root / third / fifth	<input type="checkbox"/>
vowel shapes	<input type="checkbox"/>

### TECHNIQUE FOCUS

diaphragm breath	<input type="checkbox"/>
resonance	<input type="checkbox"/>
mouth movements	<input type="checkbox"/>
supporting notes	<input type="checkbox"/>
vibrato / sustain	<input type="checkbox"/>
vocal qualities	<input type="checkbox"/>
onsets	<input type="checkbox"/>
runs / riffs	<input type="checkbox"/>

### SONG PREP

lyrics / structure	<input type="checkbox"/>
breath placement	<input type="checkbox"/>
pitch / melody	<input type="checkbox"/>
techniques placed	<input type="checkbox"/>
timing / phrasing	<input type="checkbox"/>
vocal dynamics	<input type="checkbox"/>
stylistic choices	<input type="checkbox"/>
emotion	<input type="checkbox"/>

### SING THROUGH

whole song	<input type="checkbox"/>
struggle points	<input type="checkbox"/>
instrumental	<input type="checkbox"/>
aca pella	<input type="checkbox"/>
focused area	<input type="checkbox"/>
<b>WARM DOWN</b>	
siren	<input type="checkbox"/>
trill	<input type="checkbox"/>
light hum scales	<input type="checkbox"/>

# DAILY VOCAL TRACKER

*example*

## REFLECTION

*need to lean into my emotions, and don't stress if I don't sound 'perfect'*

## DURATION

*25 mins ish?*

DAY MONDAY TUESDAY WEDNESDAY THURSDAY **FRIDAY** SATURDAY SUNDAY

DATE

TIME 6:15 AM / **PM** INTENTION sing without tension., with emotion.

*14th*

### ENERGY LEVEL



### HYDRATION



### MOOD



### BODY & BREATH

face stretches	<input checked="" type="checkbox"/>
body stretches	<input checked="" type="checkbox"/>
posture check	<input type="checkbox"/>
breath placement	<input type="checkbox"/>
breathing rounds	<input checked="" type="checkbox"/>

*2 mins*

### VOCAL WARM UPS

sirens	<input checked="" type="checkbox"/>
trills	<input type="checkbox"/>
hum glides	<input type="checkbox"/>
vocal glides	<input checked="" type="checkbox"/>
relaxed yawns	<input checked="" type="checkbox"/>
scales	<input type="checkbox"/>
root / third / fifth	<input type="checkbox"/>
vowel shapes	<input checked="" type="checkbox"/>

*5 mins*

### TECHNIQUE FOCUS

diaphragm breath	<input type="checkbox"/>
resonance	<input checked="" type="checkbox"/>
mouth movements	<input checked="" type="checkbox"/>
supporting notes	<input type="checkbox"/>
vibrato / sustain	<input type="checkbox"/>
vocal qualities	<input checked="" type="checkbox"/>
onsets	<input type="checkbox"/>
runs / riffs	<input type="checkbox"/>

*10 mins*

### SONG PREP

lyrics / structure	<input checked="" type="checkbox"/>
breath placement	<input type="checkbox"/>
pitch / melody	<input type="checkbox"/>
techniques placed	<input type="checkbox"/>
timing / phrasing	<input type="checkbox"/>
vocal dynamics	<input checked="" type="checkbox"/>
stylistic choices	<input checked="" type="checkbox"/>
emotion	<input checked="" type="checkbox"/>

*5 mins*

### SING THROUGH

whole song	<input checked="" type="checkbox"/>
struggle points	<input type="checkbox"/>
instrumental	<input checked="" type="checkbox"/>
aca pella	<input type="checkbox"/>
focused area	<input type="checkbox"/>

*10 mins*

### WARM DOWN

siren	<input checked="" type="checkbox"/>
trill	<input type="checkbox"/>
light hum scales	<input type="checkbox"/>

*2 mins*

# DAILY VOCAL TRACKER

REFLECTION

DURATION

DAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

DATE

TIME \_\_\_\_\_ AM / PM INTENTION \_\_\_\_\_

ENERGY LEVEL



HYDRATION



MOOD



BODY & BREATH


VOCAL WARM UPS


TECHNIQUE FOCUS


SONG PREP


SING THROUGH


WARM DOWN