

# DAILY VOCAL ROUTINE

*Tracher*



CREATED BY INDEE

# THE WHEEL of Voice

The 5 bars in each category represent how connected to this factor about your voice is to you. Use the results to plan where you should be focusing your time. Feel free to use color pencils or markers for better use.



NOTES:

# VOCAL DAILY ROUTINE TRACKER



## Making the Most of Every Opportunity to Sing

Keep track of your progress each day. Write down each warm up you do to see your progress over time. Then write the date & duration of time it took you to do that warm up. At the end of each week, calculate how long you spent showing up for yourself.

Warm Up	Date + Time Duration	Completed: Yes/No





















WHAT CAME UP IN YOUR PRACTICE TODAY?



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WHAT CAME UP IN YOUR PRACTICE TODAY?



WHAT CAME UP IN YOUR PRACTICE TODAY?



MY NOTES



MY NOTES





MY NOTES



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