



Vocal Journal

- Use these prompts & write notes in your journal or print/digitise & record directly here

Goals - what are your goals for your voice & crafting?

Technique (what elements do you want to focus on? i.e: intonation/pitch, vibrato, embellishments, rhythm, phrasing etc)	
Song Study (what song are you working on this week/month & what are the specific points to focus on?)	
Reading (what can you read to support your learning? blogs, articles, books etc)	
Listening What are you listening to? Why?	
Watching What are you watching? A live performance of your song study if it's a cover or a video of yourself performing?	
Recording Record your Song Study or practices & watch back or send to your me/vocal coach with notes of what you liked, what you want to work on etc	



Weekly Practice - what you worked on this week

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



Daily Voice Observations - how is your voice feeling in the morning, at the end of the day or after singing practice, rehearsal, sessions or gigs?

Monday	AM: PM: AFTER SINGING:
Tuesday	AM: PM: AFTER SINGING:
Wednesday	AM: PM: AFTER SINGING:
Thursday	AM: PM: AFTER SINGING:
Friday	AM: PM: AFTER SINGING:
Saturday	AM: PM: AFTER SINGING:
Sunday	AM: PM: AFTER SINGING:



Notes: (personal thoughts, experiences, review of the week)