	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
VOCAL HYGIENE								
hours of sleep								
glasses of water (goal 8-10)								
dehydrating factors or reflux irritants								
throat clearing, coughing (tally)								
HOURS OF VOICE USE								
voice rest/ silence								
conversational talking								
loud talking, talking over noise								
singing								
VOICE THERAPY GOALS (Check if you feel you completed)								
Completed exercises								
Thought about voice use								
HOW DID YOUR VOICE FEEL/SOUND TODAY? (X to indicate)								
voice quality	worst best							
vocal effort	least most							
overall feeling	worst best							
specific details								
OTHER OBSERVATIONS OR NOTES								