Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
VOCAL HYGIENE						
HOURS OF VOICE USE REMEMBER — Think of your voice like a set amount of money. You have to choose where to spend it!						
Warm up? Y N Cool down? Y N	Warm up? Y N Cool down? Y N	Warm up? Y N Cool down? Y N	Warm up? Y N Cool down? Y N	Warm up? Y N Cool down? Y N	Warm up? Y N Cool down? Y N	Warm up? Y N Cool down? Y N
HOW DID YOUR VOICE FEEL/SOUND TODAY? (X to indicate)						
worst best	worst best	worst best	worst best	worst best	worst best	worst best
least most	least most	least most	least most	least most	least most	least most
worst best	worst best	worst best	worst best	worst best	worst best	worst best
OTHER OBSERVATIONS OR NOTES						
	Warm up? Y N Cool down? Y N VOICE FEEL/SOUND T worst best least most worst best	Warm up? Y N Cool down? Y N Cool down? Y N VOICE FEEL/SOUND TODAY? (X to indicate  worst best worst best  least most least most least best worst best worst best	Warm up? Y N Cool down? Y N Cool dow	Warm up? Y N Cool down? Y N Cool dow	Warm up? Y N Warm up? Y N Warm up? Y N Warm up? Y N Cool down? Y N	EUSE  REMEMBER - Think of your voice like a set amount of money. You have to choos  Warm up? Y N Cool down? Y N