

VOICE JOURNAL (TEACHER) – Week of _____

	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 VOICE USE							
voice rest/ silence							
verbal instruction							
conversational talking							
loud talking, talking over noise							
VOCAL LOAD REDUCTION (Check if you feel you completed)							
Used amplification							
Used nonverbal strategies							
Took voice breaks							
HOW DID YOUR VOICE FEEL/SOUND TODAY? (X to indicate)							
voice quality	 worst best	 worst best	 worst best	 worst best	 worst best	 worst best	 worst best
vocal effort	 least most	 least most	 least most	 least most	 least most	 least most	 least most
overall feeling	 worst best	 worst best	 worst best	 worst best	 worst best	 worst best	 worst best
specific details							