

PRACTICE JOURNAL TEMPLATE:

Date: (xx/yy/zz)

Physical and vocal condition: (how are you feeling? tired? energised? sad? excited? neutral? And how's your voice feeling? healthy? a bit sneezy? croaky? normal? etc...)

Current goal/aim: (what are you currently working on? increasing stamina? breath control? range? etc...)

Exercises: (what warm-ups and exercises are you currently doing? list them down)

Current song workshop: (what song are you working on? what are the main stylistic features? are you focusing on anything in particular? what are your main struggles? Techniques/performance/delivery etc...)

Self-assessment & feedback: (after you recorded yourself, evaluate your practice here. Think about what went well and what didn't quite work. Analyse and reflect on your practice, both exercises and song)

Questions: (make a list of questions you'd like to ask your teacher; is there anything unclear? are you having trouble understanding or finding meaning of an exercise, technique or anything in general? make a list...)