

MY RESONANT VOICE

practice journal



www.annabiglandpritchard.com/abpmusicstudio



@abp.musicstudio

WEEKLY PRACTICE LOG



DATE: _____ LENGTH: _____

GOALS: _____

RESULTS: _____

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RESULTS: _____

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GOALS: _____

RESULTS: _____



Date: _____

WEEKLY PRACTICE JOURNAL

3 vocal goals for the week

☆ _____

☆ _____

☆ _____

How I feel at the start of the week (words or picture)

2 wins, 2 challenges

How I feel at the end of this week (words or picture)

Days I practiced

☆ ☆ ☆

☆ ☆ ☆

Date: _____



DAILY PRACTICE JOURNAL

My practice focus of the day (1 mindset goal, 1 technique goal, 1 repertoire goal)

The energy I'm coming to my practice with today is... (words/picture)

2 wins, 2 takeaways

How I feel at the end of this practice (words or picture)

Rep I covered today

REWARD CHART

Put a sticker over the hummer for every day you practice!

SUN



MON



TUES



WED



THU



FRI



SAT



REWARD CHART

Put a sticker or a check mark over a circle for every day you practice!

SUN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THU	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>