

Date: / / Time Singing: _____ hr.(s).

<p>Exercises performed: Stretches _____ Sighs _____</p> <p>Peckham Vocalises: (1) "oo" slide ____ (2) "oo-ah" slide ____ (3) "yum" scale ____ (4) "blah" arpeggio ____ (5) "hah" scales ____ (6) vowel rotation ____ (7) "hung-ngah" ____ (8) Other ____ (describe)</p>	<p>Song(s) practiced _____</p> <p>Rate your confidence level on song practice today: (circle a number - 1= very confident, 5=not confident at all)</p> <p style="text-align: center;">1 2 3 4 5</p> <p>Write at least one sentence on musical progress of song assignments: (Topic may include intonation (tuning), pitch accuracy, rhythm accuracy, memorization, emotional expression/interpretation of your song)</p>
<p>Write at least one sentence on physical sensations when singing: (Topic must include at least one of following – vocal health, posture/eye focus, breathing, "open throat," initiating tone, resonance& placement, head & chest registers/vocal breaks, diction, spreading, or swallowing)</p>	<p>Time spent on non-singing activities: (only ≤1 hour/week total)</p> <p>Textbook readings _____ hr. Theory Workbook _____ hr. Diction/Emotional Expression Worksheet _____ hr. Other _____ hr. (describe)</p>

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I, (print name) _____, certify that the above information is true and correct.

Signature _____