































Voice Tracker

| *respond with scale of 0-10 | M | T | W | T | F | S | S |
|--|---|---|---|---|---|---|---|
| hours of sleep | | | | | | | |
| sleep quality* | | | | | | | |
| mood | | | | | | | |
| stress level* | | | | | | | |
| energy level* | | | | | | | |
| I am... | | | | | | | |
| The world is... | | | | | | | |
| voice effort* | | | | | | | |
| movement | | | | | | | |
| vocal warm-up | | | | | | | |
| voice quality in one word | | | | | | | |
| voice use* | | | | | | | |
| vocal naps/rest | | | | | | | |
| allergies | | | | | | | |
| illness | | | | | | | |
| acid reflux | | | | | | | |
| pain while voicing* | | | | | | | |
| hoarseness* | | | | | | | |
| vocal fatigue* | | | | | | | |
| hydration |  |  |  |  |  |  |  |
| caffeine |  |  |  |  |  |  |  |
| alcohol |  |  |  |  |  |  |  |
| steam/humidifier |  |  |  |  |  |  |  |
| vocal range | | | | | | | |
| muscle tension | | | | | | | |
| breath quality | | | | | | | |
| resonance | | | | | | | |
| medications | | | | | | | |
| Other notes, observations, and symptoms: | | | | | | | |