



RJ VOCAL COACH

Summer Club

REHEARSAL TRACKER

WEEK 1 – KEEP SINGING, KEEP GROWING! ❤️



MY GOALS THIS WEEK

I want to...



1

2

3

REMEMBER...

Consistency is more important than perfection.



Your voice is a muscle – use it, but look after it!



DAILY REHEARSAL PLAN

Tick each box when you've done it! ✓

FOCUS	MON	TUE	WED	THU	FRI	SAT	SUN
WARM UP 5–10 minutes	☐	☐	☐	☐	☐	☐	☐
TECHNIQUE TIME Breath, scales, resonance, support	☐	☐	☐	☐	☐	☐	☐
SONG PRACTICE Work on your repertoire	☐	☐	☐	☐	☐	☐	☐
LYRICS & STORYTELLING Understand the song and connect	☐	☐	☐	☐	☐	☐	☐
PERFORMANCE PRACTICE Sing it through!	☐	☐	☐	☐	☐	☐	☐
LISTEN & LEARN Listen to great singers & be inspired	☐	☐	☐	☐	☐	☐	☐
VOICE CARE Hydrate, rest & look after your voice	☐	☐	☐	☐	☐	☐	☐

VOCAL FOCUS THIS WEEK



Breath Control & Support

Strong breath support is the foundation of every great singer. Focus on:

- ♥ Deep, relaxed breathing using your diaphragm
- ♥ Steady airflow when you sing
- ♥ Sustaining notes with control and ease

TOP TIP



Record yourself this week. You'll be amazed at what you notice and how much you improve!



WEEKLY REFLECTION



What went well this week?



What will I focus on next week?



I'm proud of myself for...



MY REWARD

When I reach my practice goal this week, I will...

KEEP SINGING. KEEP GROWING. KEEP SHINING! ❤️



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REHEARSAL TRACKER

WEEK 2 – SING WITH CONFIDENCE! 



MY GOALS THIS WEEK

I want to...



1.
2.
3.

REMEMBER...

Confidence isn't about being perfect,
it's about enjoying the process.



Believe in yourself –
you've got this!



DAILY REHEARSAL PLAN

Tick each box
when you've done it! 

FOCUS	MON	TUE	WED	THU	FRI	SAT	SUN
 WARM UP MY VOICE 5–10 minutes	☐	☐	☐	☐	☐	☐	☐
 BUILD CONFIDENCE Challenge yourself with a tricky part	☐	☐	☐	☐	☐	☐	☐
 SING IT LIKE YOU MEAN IT Focus on phrasing and emotion	☐	☐	☐	☐	☐	☐	☐
 STAGE PRESENCE Stand tall, make eye contact, tell the story	☐	☐	☐	☐	☐	☐	☐
 LISTEN & LEARN Listen to a pro & notice their choices	☐	☐	☐	☐	☐	☐	☐
 RECORD & REVIEW Record a section and give it a listen	☐	☐	☐	☐	☐	☐	☐
 LOOK AFTER ME Hydrate, rest & celebrate progress	☐	☐	☐	☐	☐	☐	☐

VOCAL FOCUS THIS WEEK



Confidence & Expression



Great singing starts with confidence and connects with your audience.

- ♥ Use expression to tell the story
- ♥ Don't be afraid to take up space
- ♥ Trust your voice and enjoy the moment!
- ♥ You've got something amazing to share

TOP TIP



Nerves are excited energy!
Use it to fuel your performance and shine bright!



WEEKLY REFLECTION



What went well this week?



What will I focus on next week?



I'm proud of myself for...



MY REWARD

When I reach my practice goal this week, I will...



SING IT. FEEL IT. OWN IT. 





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REHEARSAL TRACKER

WEEK 3 – HIT THE RIGHT NOTE!



MY GOALS THIS WEEK

I want to...



1

2

3

REMEMBER...

Pitch is how high or low a note is.
Good pitch makes your singing
clear and confident!



Listen carefully, match the pitch,
and make it your own!



DAILY REHEARSAL PLAN

Tick each box
when you've done it!

FOCUS	MON	TUE	WED	THU	FRI	SAT	SUN
WARM UP MY VOICE 5–10 minutes	☐	☐	☐	☐	☐	☐	☐
PITCH CHECK Use a piano / app to find the note	☐	☐	☐	☐	☐	☐	☐
PRACTISE SCALES Up and down smoothly	☐	☐	☐	☐	☐	☐	☐
RIFF IT OUT! Have fun with a riff or vocal run	☐	☐	☐	☐	☐	☐	☐
LISTEN & LEARN Listen to singers with great pitch	☐	☐	☐	☐	☐	☐	☐
RECORD & REVIEW Record and listen back – was my pitch accurate?	☐	☐	☐	☐	☐	☐	☐
LOOK AFTER ME Hydrate, rest & celebrate progress	☐	☐	☐	☐	☐	☐	☐

VOCAL FOCUS THIS WEEK



Pitch & Riffing



Great singing is about hitting
the right notes and adding
your own musical sparkle!

- ♥ Listen carefully and match the pitch
- ♥ Use scales to improve accuracy
- ♥ Try riffs and runs to add excitement
- ♥ Stay relaxed and support your voice
- ♥ Enjoy experimenting with your sound!

TOP TIP



Slow it down to get it right,
then build it up!
Practice, play and have fun
with your voice!



WEEKLY REFLECTION



What went well
this week?



What will I focus
on next week?



I'm proud of
myself for...



MY REWARD

When I reach my practice
goal this week, I will...



SING IT. FEEL IT. OWN IT.

