



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! ❤️