



RJ VOCAL COACH



Summer Club

REHEARSAL TRACKER

WEEK 5 – FIND YOUR ROUTINE! ❤️



MY GOALS THIS WEEK

I want to...



1

2

3

REMEMBER...

Consistency is key, not perfection!

A little and often makes a huge difference to your voice.

Make singing a part of your week!



DAILY REHEARSAL PLAN

Tick each box when you've done it! ✓

FOCUS							
MONDAY 5-minute vocal warm-up Start your week by waking up your voice!							
TUESDAY Listen to your current song Soak it in. Notice the melodies, lyrics and feels.							
WEDNESDAY 10 minutes focused rehearsal Pick a section to work on and go step by step.							
THURSDAY Lyrics on the go Car, bus or walk home – get those lyrics in your head!							
FRIDAY Sing for FUN! No pressure, no rules – just enjoy singing!							
SATURDAY 20-minute focused session Time to dig deeper and make progress.							
SUNDAY Record, reflect & plan next week Listen back, celebrate and set your goals!							

FOCUS THIS WEEK



Find your routine!

- ♥ Mon – 5-minute warm-up
- ♥ Tue – Listen to your song
- ♥ Wed – 10 mins focused rehearsal
- ♥ Thu – Lyrics on the go
- ♥ Fri – Sing for FUN!
- ♥ Sat – 20 mins focused session
- ♥ Sun – Record, reflect & plan

REMEMBER



You don't need HOURS to make progress.

Little and often adds up!



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. ❤️

