

## Vocal Music Goal Sheet for week of \_\_\_\_\_

This week, I will practice and work on the following goals to improve my voice and familiarity with my songs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My goal this week is to practice \_\_\_\_\_ minutes a day for \_\_\_\_\_ days.

Things I will do during my practice times to achieve my vocal goals:

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Questions, comments, and ideas that come to me during my practice times:

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## How do I practice?

Here is a general plan for a practice session with some ideas of what to do.

### *Warm-up: 5-10 minutes*

- Breathing exercise
- Head voice exercise
- Long tones for vowels, going for space and ping
- Consonant exercise
- Scales or other long phrase exercise

### *Songs: 5-10 minutes each*

- Pick a passage to work on
- Learn the notes
- Learn the words or pronunciations
- Mark the beathing places
- Mark the phrase shapes and stressed syllables
- Translate the text and mark the important words
- Learn the dynamics and the overall form of the piece
- Translate expression and tempo markings
- Practice sounds specific to a foreign language
- Learn easy passages first, then tough passages
- Memorize passages until you know the whole song

Here are some other things to think about as you practice

### *Remember to check these things*

- Posture
- Breath support and control throughout the song
- Even tone throughout the song
- Intonation
- Articulation

### *Other ideas*

- Practice habits that make your time effective
- Work passages up to a specific tempo
- Learn how to use a metronome effectively
- Determine key signatures and time signatures
- Take care of your voice
- Grow in confidence in your singing by...singing!

You can probably think of many more. These are ideas to get you started. Enjoy singing!