

Weekly Vocal Hygiene Log

Ratings: 1---5 scale as follows: 1= poor, 3 = average, 5 = excellent (Circle the number)

Day 1:

1. How did your voice feel at the start of the day? 1 2 3 4 5
- 2 How much water did you drink throughout the day? 1--3 cups 4--5 cups 6--8 cups >8 cups
3. Amount of yelling during the day? 1-2 times 2-3 times 3-4 times 4-5 times 5 + times
4. Did you lose your voice during the day, or did your voice trail off into a whisper?

Comments: _____

5. How did your voice feel at the end of the day? 1 2 3 4 5
 6. If today went well, why do think it went well? If today did not go well, why not?
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Day 2:

1. How did your voice feel at the start of the day? 1 2 3 4 5
- 2 How much water did you drink throughout the day? 1--3 cups 4--5 cups 6--8 cups >8 cups
3. Amount of yelling during the day? 1-2 times 2-3 times 3-4 times 4-5 times 5 + times
4. Did you lose your voice during the day, or did your voice trail off into a whisper?

Comments: _____

5. How did your voice feel at the end of the day? 1 2 3 4 5
 6. If today went well, why do think it went well? If today did not go well, why not?
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Day 3:

1. How did your voice feel at the start of the day? 1 2 3 4 5
- 2 How much water did you drink throughout the day? 1--3 cups 4--5 cups 6--8 cups >8 cups
3. Amount of yelling during the day? 1-2 times 2-3 times 3-4 times 4-5 times 5 + times
4. Did you lose your voice during the day, or did your voice trail off into a whisper?

Comments: _____

5. How did your voice feel at the end of the day? 1 2 3 4 5
 6. If today went well, why do think it went well? If today did not go well, why not?
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Day 4:

1. How did your voice feel at the start of the day? 1 2 3 4 5
- 2 How much water did you drink throughout the day? 1--3 cups 4--5 cups 6--8 cups >8 cups
3. Amount of yelling during the day? 1-2 times 2-3 times 3-4 times 4-5 times 5 + times
4. Did you lose your voice during the day, or did your voice trail off into a whisper?

Comments: _____

5. How did your voice feel at the end of the day? 1 2 3 4 5
 6. If today went well, why do think it went well? If today did not go well, why not?
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Day 5:

1. How did your voice feel at the start of the day? 1 2 3 4 5
- 2 How much water did you drink throughout the day? 1--3 cups 4--5 cups 6--8 cups >8 cups
3. Amount of yelling during the day? 1-2 times 2-3 times 3-4 times 4-5 times 5 + times
4. Did you lose your voice during the day, or did your voice trail off into a whisper?

Comments: _____

5. How did your voice feel at the end of the day? 1 2 3 4 5
 6. If today went well, why do think it went well? If today did not go well, why not?
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