



# Practice Log

Outcome Goal:

Process Goals:

Date							
Time I Went to Bed							
Time I Woke Up							
Total Sleep (hours)							
Singing Activity 1 (warm up / technique / song / stage / business)							
Time / Duration							
Singing Activity 2 (warm up / technique / song / stage / business)							
Time / Duration							
Singing Activity 3 (warm up / technique / song / stage / business)							
Time / Duration							
Total Singing Time							
Total Water Intake							
Observations							

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