Vocal Gym Journal

Date	*Exercise*	*Modifications*	*7DS*							*Time*
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	
			F	B	I	R	T	A	S	

7DS Key: F = flexibility, B = breathing, I = intonation, R = range, T = tone, A = articulation, S = strength