Your Logbook: Record it, or it didn't happen

One line for each practice. Sing your test phrase before and after one drill, and write down what happened. **Your test phrase is the judge.**

Name _____ My test phrase (song and bars) _____ Key _____

Date	Spot (problem and state)	Bucket	Drill	Test phrase before	Test phrase after	Keep, change or drop?
		☐ low ☐ medium ☐ high			☐ better ☐ same ☐ worse	☐ keep ☐ change ☐ drop
		☐ low ☐ medium ☐ high			☐ better ☐ same ☐ worse	☐ keep ☐ change ☐ drop
		☐ low ☐ medium ☐ high			☐ better ☐ same ☐ worse	☐ keep ☐ change ☐ drop
		☐ low ☐ medium ☐ high			☐ better ☐ same ☐ worse	☐ keep ☐ change ☐ drop
		☐ low ☐ medium ☐ high			☐ better ☐ same ☐ worse	☐ keep ☐ change ☐ drop
		☐ low ☐ medium ☐ high			☐ better ☐ same ☐ worse	☐ keep ☐ change ☐ drop
		☐ low ☐ medium ☐ high			☐ better ☐ same ☐ worse	☐ keep ☐ change ☐ drop
		☐ low ☐ medium ☐ high			☐ better ☐ same ☐ worse	☐ keep ☐ change ☐ drop

Test more than once.
Sing the test phrase two or three times before and after.

One good day isn't a pattern.
Trust a drill that helps on different days.

Look back once a week.
The patterns that keep turning up are the ones to trust.

From *NeuroVoice® and the Three Bears* by Grace Ng Ee Wern, chapter 7.

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Bucket Check: What's dripping in, what's draining out

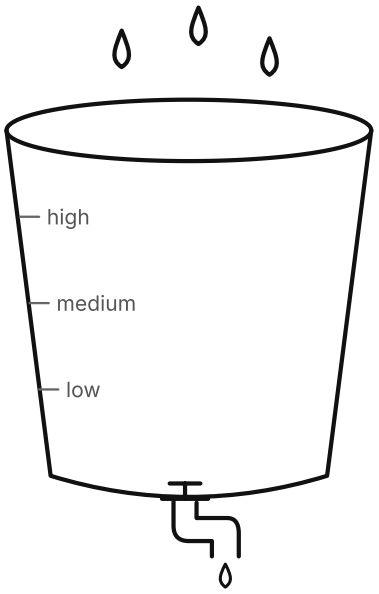
Danger drips into your stress bucket. Safety lets water out through the tap. **You can't always stop the drips. You can nearly always turn the tap.**

Date _____

What's coming up (lesson, exam, performance) _____

Drips today

- Sleep
- Food and water
- Deadlines
- Screen time
- People and worries
- A note I dread



Mark today's level on the bucket

☐ low ☐ medium ☐ high

☐ spilling over

Taps I can turn

- A long breath out
- A warm-up I trust
- A friendly face
- A song I love
- Rest
- A drill that passed my test

Spill signs I notice

- ☐ A tight throat or jaw
- ☐ A held breath, or a breath high in the chest
- ☐ A mind that goes blank on the words
- ☐ A wobble or drift in pitch
- ☐ A voice that goes small, breathy or pushed
- ☐ Something else: _____

One tap I'll turn before I sing

_____

_____

From *NeuroVoice® and the Three Bears* by Grace Ng Ee Wern, chapter 5. Inspired by the stress bucket used by mental health clinicians (Brabban and Turkington, 2002), Andrew Byrne's threat bucket and Moseley and Butler's *Protectometer* (2015).

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My Voice Weather Report: Climate and weather

Some things shape your voice slowly, over years. That's your climate. Others change every day. That's your weather. **Check the forecast before you blame the voice.**

My climate (fill in once, and update when life changes)

Culture
What my family or community expects a "good" voice to sound like

Physical history
Injuries, posture and the way my body has grown and adapted

Habits
What my body does all day, long before I sing

Mindset
How I think about mistakes, success and myself

This week's weather (circle one for each)

Sunny: going well · Cloudy: so-so · Rainy: hard going · Stormy: overflowing

Day	Sleep	Body (energy, aches, screens)	Mood and stress	Voice	Notes and what's coming
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Next week's forecast

Storms ahead (exams, deadlines, travel, performances)

My umbrella (extra taps, smaller doses, rest)

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