

Vocal Hygiene Program



Rating Scale:

- 1- Always observes the rule
- 2- Observes the rule most of the time
- 3- Sometimes observes the rule
- 4- Usually does not observe the rule
- 5- Never observes the rule

Overall Voice:

- 1- Worst voice
- 2- On the way out
- 3- Not so good
- 4- Good
- 5- Best

Week: _____

Principles	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
1. Limit talking and singing when tired, sick, or have a cold.							
2. Don't talk over loud background noise.							
3. Avoid shouting, screaming, and loud talking voice.							
4. Avoid muscle strain, especially head, neck, and shoulder tension during talking							
5. Vocal rest when voice is fatigued or following periods of excessive talking.							
6. Limit use of caffeine.							
7. Drink plenty of water.							
8. Relaxation exercises: deep diaphragmatic breathing, yawn, stretch.							
9. Use and habituate optimal pitch.							
10. Breath through nose, decrease mouth breathing.							
11. Clear throat by using hard swallows and soft coughs.							

