



DAILY VOICE CARE CHECKLIST

VOICE CARE

- ☐ drink 6 - 8 glasses of water
- ☐ sip water & do a hard swallow instead of clearing your throat
- ☐ avoid excessive caffeine and alcohol

VOICE USAGE

- ☐ do voice warm ups before high-demand speaking/singing
- ☐ use a microphone when speaking to large audience and avoid speaking over background noise

VOICE RECOVERY

- ☐ take short vocal breaks (10 minutes every 2 hours and as needed)
- ☐ vocal rest after a long day of speaking