



SAVVY SINGING TEENS

THE NEXT LEVEL CHECKLIST

AGES 16 TO 18

FREE DOWNLOAD

YOUR DAILY TRAINING ROUTINE

by Savannah

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Warm-Up

Never train cold. A full warm-up protects your voice and improves your sound.

- ☐ Hydrate before you begin
- ☐ Gentle humming and lip trills
- ☐ "Ng" and "gee" for placement
- ☐ Sirens through your full comfortable range
- ☐ 5-note then 9-note scales
- ☐ Ease into the top and bottom of your range

Breath & Control

Smooth, even airflow is the goal, give each note exactly the air it needs.

- ☐ Breathe low, silent, fast, and deep
- ☐ Exhale on "sss" for 20–30 seconds
- ☐ Practice messa di voce (soft-loud-soft)
- ☐ Sing long phrases in one breath
- ☐ Keep throat relaxed on powerful notes
- ☐ Control dynamics without straining

BUILD

Range & Stamina

Extend your range gently at the edges. Never force the top.

- ☐ Warm up fully before range work
- ☐ Explore top and bottom with sirens
- ☐ Smooth your passaggio (register flip)
- ☐ Practice mixing chest and head voice
- ☐ Sing full songs without tiring
- ☐ Cool down with gentle humming

REFINE

Performance & Practice

Singing is communication, focus on telling the story.

- ☐ Choose repertoire that fits your range
- ☐ Interpret with your own phrasing and emotion
- ☐ Record performances and review honestly
- ☐ Set one clear goal each session
- ☐ Rest and recover between hard sessions
- ☐ Hydrate consistently, all day

LEVEL UP

Get The Next Level eBook

This checklist is just a preview. The full Next Level guide covers range, stamina, style, and performance for your maturing voice.

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