



S A V V Y S I N G I N G

DAILY SINGING CHECKLIST

FREE DOWNLOAD

FOR YOUR VOCAL JOURNEY

by Savannah

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ROUTINE CHECKLIST

Before You Sing

Warm-ups work way better when your cords are hydrated, it's like oiling your instrument before playing it!

- ☐ Hydrate before, during, and after singing
- ☐ Avoid dairy, sugar, caffeine, and alcohol
- ☐ Stretch: your body, jaw, tongue & neck
- ☐ Deep breathing (3 Reps): breathe in for 4, hold for 4, exhale for 4

Hydration

Warm-ups work way better when your cords are hydrated, it's like oiling your instrument before playing it!

- ☐ Drink water before you warm up
- ☐ Limit caffeine & dairy
- ☐ Always keep water nearby + sip continually
- ☐ Drink herbal tea with honey (throat coat)
- ☐ Limit overly salty snacks/meals
- ☐ Eat hydrating fruits
- ☐ Use a humidifier in dry climates
- ☐ NO drinking alcohol or smoking

Posture

Posture is the foundation of every great voice. It's like the frame of a house, without it, everything else wobbles out of place.

- ☐ Stand with feet shoulder-width apart
- ☐ Plant both feet flat on the floor
- ☐ Slight bend in your knees, never lock them
- ☐ Imagine a string pulling the crown of your head up
- ☐ Drop your shoulders away from your ears
- ☐ Open your chest, don't collapse forward
- ☐ Keep your chin parallel to the floor
- ☐ Practice in front of a mirror to feel it

Stretching

Stretching before singing is essential. It's like tuning your instrument before the performance!

- ☐ Roll shoulders back slowly
- ☐ Stretch your neck side to side
- ☐ Release all jaw tension
- ☐ Stick tongue all the way out, then release
- ☐ Stand tall and align your posture
- ☐ Loosen your arms and chest
- ☐ Lightly roll your spine (cat-cow style)
- ☐ Relax your hands and wrists

ROUTINE CHECKLIST

Breathing

Breathing exercises are crucial for singing. It's like charging your battery before the show!

- ☐ Inhale through nose (4 counts)
- ☐ Slowly blow the air out like a hiss (8 counts)
- ☐ 4-7-8 breath: Inhale 4, hold 7, exhale 8
- ☐ Use your diaphragm, not your chest
- ☐ Place hands on ribs + feel them expand
- ☐ Pretend you're sipping air through a straw
- ☐ Keep shoulders down and relaxed
- ☐ Repeat until your breath feels steady

EXERCISE CHECKLIST

Beginning Vocal Warm-Ups

"Your voice is like a car in the winter, you need to warm it up!"

- ☐ Try lip trills/bubbles and humming
- ☐ Say "Nnnn" and slide from the deepest part of your range to your lightest
- ☐ Do the same with "Gee" and "Nay" for tone placement
- ☐ Make a sound like an ambulance, these are "sirens", slide forward & back on your vocal range

EXERCISE CHECKLIST

Scale Runs

Don't fight the shift. Smooth it out. Notice where your voice shifts gears, that's your passaggio (the bridge between chest and head voice)!

- ☐ Start with a 5-note scale (C-D-E-F-G-F-E-D-C) using "gee," "mum," or "nah"
- ☐ Sing it slowly, focus on connection between each note
- ☐ Speed up gradually, don't sacrifice control for speed
- ☐ Move up half-steps (C, C#, D, D#) until you reach the top of your comfortable range
- ☐ Come back down, notice where your voice shifts gears (your passaggio)

EXERCISE CHECKLIST

Sustained Notes

Stamina. When you can hold a note clean for 20 seconds, a 3-minute song stops feeling like a workout.

- ☐ Pick one note in your mid-range, sing it on an "ah" or "oo" vowel
- ☐ Hold the note for 10 seconds, smooth, no shaking
- ☐ Push to 15 seconds, then 20, then 30
- ☐ Add dynamics, start soft, get louder, then get soft again (messa di voce)
- ☐ Finally, do this on 3 different notes: low, mid, high

Vocal Reminders

- ☐ "Loud" does not equal skilled or powerful
- ☐ Focus on your airflow, not volume
- ☐ Support comes from the diaphragm, NOT the throat
- ☐ If it hurts, STOP immediately, it should NEVER hurt
- ☐ Vocal rest is also necessary!

READY TO GO DEEPER?

Get the FULL Singing Bootcamp eBook

This free checklist is just the warm-up. The full Singing Bootcamp eBook gives you the complete routines, breathing and scale training, advanced exercises, and everything you need to take your voice from beginner to professional-level.

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