RMTA PRACTICE LOG

	Relaxation Techniques
1	5 head rolls
2	5 shoulder stretches
3	2 spinal stretches
4	shake out
5	massage jaw and stretch
6	tongue push ups, tuck, and curl

	Breathing Exercises
1	5 deep breaths
2	3 quick breath ahh time/record
3	3 quick breath sss time/record
4	3 quick breath Child of God beat word

	Vocal Exercises
1	motorboat
2	whees (resonance/classical)
3	oohs (space/classical)
4	m,m,m,m,m (mix)
5	meow (mix)
6	ma ma ma…(mix)
7	ge ge ge…(mix)
8	nyeh nyeh nyeh (mix)
9	why not (mix)
10	nay (beginning belt/ vowel)
11	why not (advanced belt)
12	nay ah (advanced belt 12 and older)

	Optional Exercises
1	123455555…(mix, breathing)
2	1121… (mix, breathing)
3	ba, bay, be, bo, boo…all consonants
4	mama made me mash my m&m's

MONTH	DAY	R							B	sec	sec	word	V												SONGS
		1	2	3	4	5	6	7	1	2	3	4	1	2	3	4	5	6	7	8	9	10	11	12	15 MIN
Week 1	M																								
	T																								
	W																								
	TH																								
	F																								
	S																								
Week 2	M																								
	T																								
	W																								
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Week 3	M																								
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Week 4	M																								
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Week 5	M																								
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