

Fireside Hallow: Week 1 Practice Guide

This plan helps you stay consistent, even if you only have 5 minutes per day.
When you are finished or feel ready, begin [Lesson 2](#).

Week 1: Breath & Warm-ups

Goal: Build consistency and learn how to prep your voice gently.

Daily 5-Minute Plan:

Humming Scale – [Lesson 1](#)

Lip Trills – [Lesson 1](#)

Gentle Yawning – [Lesson 1](#)

Tongue Twisters – [Lesson 1](#)

Siren Sounds – [Lesson 1](#)

Optional Bonus:

Record yourself saying the same sentence each day. Note how it changes by Day 7.

Track Your Progress:

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6 ☐ Day 7
