



LSVT LOUD[®] HOMEWORK

Do structured practice sessions 10-15 minutes every day. Determine the time and place that works well for you and maintain that schedule.

I will practice: _____.

It is important to keep practicing. this will keep your new strong voice in shape.

Drink Water While You Practice

Daily Tasks

6 “AH’s”. Say “AH” and hold it for as long as you can maintain your LOUD, good quality voice. Think about being LOUD and try to feel the same level of energy and loudness you did in treatment with your therapist. Record your times for each of the 6 trials below.

Day	Time	Time	Time	Time	Time	Time
Monday	1.	2.	3.	4.	5.	6.
Tuesday	1.	2.	3.	4.	5.	6.
Wednesday	1.	2.	3.	4.	5.	6.
Thursday	1.	2.	3.	4.	5.	6.
Friday	1.	2.	3.	4.	5.	6.
Saturday	1.	2.	3.	4.	5.	6.
Sunday	1.	2.	3.	4.	5.	6.

6 Highs. Start with your LOUD “AH” voice and then try to go as high as you can, while maintaining loudness and quality. Hold it for 5 seconds. Put a check mark for each of your completed 6 trials below.



Monday	1.	2.	3.	4.	5.	6.
Tuesday	1.	2.	3.	4.	5.	6.
Wednesday	1.	2.	3.	4.	5.	6.
Thursday	1.	2.	3.	4.	5.	6.
Friday	1.	2.	3.	4.	5.	6.
Saturday	1.	2.	3.	4.	5.	6.
Sunday	1.	2.	3.	4.	5.	6.

6 Lows. Start with your LOUD “AH” voice and go as low as you can while maintaining loudness and quality. Hold it for 5 seconds. Put a check mark for each of your completed 6 trials below.



Monday	1.	2.	3.	4.	5.	6.
Tuesday	1.	2.	3.	4.	5.	6.
Wednesday	1.	2.	3.	4.	5.	6.
Thursday	1.	2.	3.	4.	5.	6.
Friday	1.	2.	3.	4.	5.	6.
Saturday	1.	2.	3.	4.	5.	6.
Sunday	1.	2.	3.	4.	5.	6.

Read your list of 10 phrases of things that you say every day, using the LOUD voice you learned in treatment. Check when completed.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



Read out loud for 5-10 minutes. Any type of reading material will do. Remember to THINK LOUD, using the same level of energy and loudness you put into treatment each day. Check when completed.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



Conversation Practice: The best practice is to continue to use the new strong voice with family and friends in conversations, on the phone, on the street, at the grocery store, etc. This will keep your new strong voice in shape! Select one specific, daily conversation task where you will focus on being heard and understood. Check when completed.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

