

護聲小戰士

聲線記錄手冊

姓名：_____

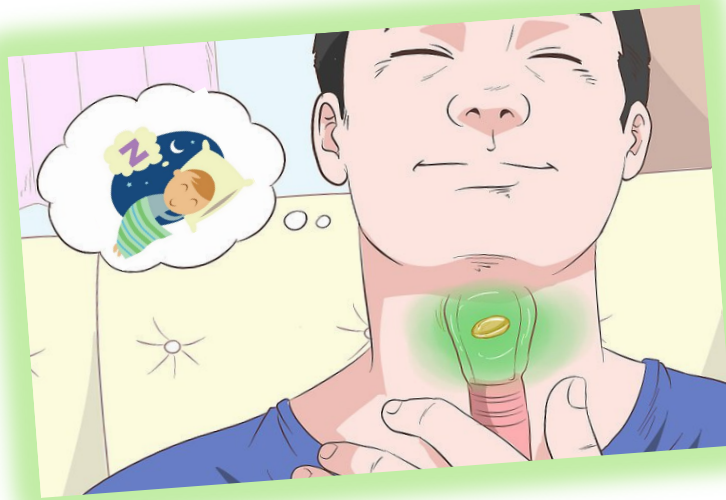
扮聲怪獸！



目標：不要做扮聲怪獸！

4								
5								
6								
Sun								
1								
2								
3								
4								

喉嚨休息時間！



目標：每天讓喉嚨休息～

4	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ
5	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ
6	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ
Sun	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ
1	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ
2	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ
3	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ
4	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ	ZZ

勤喝水記錄表！



目標：每天勤喝水一

4								
5								
6								
Sun								
1								
2								
3								
4								

要記住！小心不要做！

