



Springtime SPEAK OUT!® Challenge

Dear SPEAK OUT!® Graduate,

We want to help you keep your voice strong with a **Springtime SPEAK OUT! Challenge!**

Using the enclosed packet, complete your SPEAK OUT!® exercises for ten days. Log your progress on the table on the back of this sheet. Then, send this completed form to Parkinson Voice Project by **April 10th**. We will mail you a “Live With Intent” t-shirt! Call us if you have questions.

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____ EMAIL: _____

NAME OF SPEECH-LANGUAGE PATHOLOGIST: _____

T-SHIRT SIZE: **MEN: S M L XL 2XL 3XL** **WOMEN: S M L XL 2XL 3XL**

Email Address: contact@ParkinsonVoiceProject.org

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PARKINSON VOICE PROJECT

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Springtime SPEAK OUT!® Challenge

Using the enclosed packet, complete your SPEAK OUT! exercises for ten days.
Log your progress on the table below.

	5 Warm Ups May-Me-My-Mo-Moo	5 Ahs	5 Glides	Count to 12 (three times)	Read with INTENT	Complete a Cognitive Exercise
SAMPLE	✓	✓	✓	✓	✓	✓
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						

SPEAK OUT!® Home Practice Day 1

*Find an object across the room, such as a clock or a picture,
and project your voice up and over the object!*

Say May-Me-My-Moe-Moo five times.

Connect the sounds and project your voice “up and over.”

Hold an “ah” for up to 10 seconds five times.

Project your voice “up and over.”

Say “ah” and glide up. Say “ah” again and glide down.

Do this five times.

Count to 12 three times in sets of three numbers.

1 - 2 - 3 - STOP; 4 - 5 - 6 - STOP; 7 - 8 - 9 - STOP; 10 - 11 - 12 - STOP

Read each sentence twice with INTENT:

Happy St. Patrick’s Day!

Let’s watch basketball.

Let’s go for a walk.

The flowers are blooming.

I am going to exercise.

My favorite color is turquoise.

I need to wash the car.

It’s time for spring cleaning.

Daylight savings begins today.

I am speaking with intent.

Name 5-10 items in each category:

Things That Are Green

Spring Break Destinations

Vegetables

Words Beginning with “M”

Types Of Exercise

Cleaning Products

SPEAK OUT!® Home Practice Day 2

*Find an object across the room, such as a clock or a picture,
and project your voice up and over the object!*

Say May-Me-My-Moe-Moo five times.

Connect the sounds and project your voice “up and over.”

Hold an “ah” for up to 10 seconds five times.

Project your voice “up and over.”

Say “ah” and glide up. Say “ah” again and glide down.

Do this five times.

Count to 12 three times in sets of three numbers.

1 - 2 - 3 - STOP; 4 - 5 - 6 - STOP; 7 - 8 - 9 - STOP; 10 - 11 - 12 - STOP

Read each sentence twice with INTENT:

Let’s go out to eat.

My favorite color is lime green.

Turn on the television.

It’s a great day to exercise.

The birds are singing.

Spring is my favorite season.

I am planting a garden.

Our show starts in five minutes.

Our schedule is full today.

I am speaking with confidence.

Name 5-10 items in each category:

Things That Are Red

Words Beginning With “R”

Types Of Candy

Sports That Use A Ball

Fruits

Musical Instruments

SPEAK OUT!® Home Practice Day 3

*Find an object across the room, such as a clock or a picture,
and project your voice up and over the object!*

Say May-Me-My-Moe-Moo five times.

Connect the sounds and project your voice “up and over.”

Hold an “ah” for up to 10 seconds five times.

Project your voice “up and over.”

Say “ah” and glide up. Say “ah” again and glide down.

Do this five times.

Count to 12 three times in sets of three numbers.

1 - 2 - 3 - STOP; 4 - 5 - 6 - STOP; 7 - 8 - 9 - STOP; 10 - 11 - 12 - STOP

Read each sentence twice with INTENT:

Where are my sunglasses?	My favorite color is yellow.
We need to leave at six.	It’s a great day to swim.
The kids are on vacation.	The post office closes at five.
Turn up the volume.	Roses are my favorite flower.
I am strong.	I will focus and concentrate.

Name 5-10 items in each category:

Things That Are Blue
Things On A Farm
Candy

Words Beginning With “L”
Olympic Sports
Presents For Women

SPEAK OUT!® Home Practice Day 4

*Find an object across the room, such as a clock or a picture,
and project your voice up and over the object!*

Say May-Me-My-Moe-Moo five times.

Connect the sounds and project your voice “up and over.”

Hold an “ah” for up to 10 seconds five times.

Project your voice “up and over.”

Say “ah” and glide up. Say “ah” again and glide down.

Do this five times.

Count to 12 three times in sets of three numbers.

1 - 2 - 3 - STOP; 4 - 5 - 6 - STOP; 7 - 8 - 9 - STOP; 10 - 11 - 12 - STOP

Read each sentence twice with INTENT:

Have a good weekend!

My favorite color is teal.

It’s raining outside.

What time is the exercise class?

Please water the garden.

She made oatmeal cookies.

Let’s go out to lunch.

The sun is shining bright.

Have you paid your bills?

Live with purpose!

Name 5-10 items in each category:

Things That Are White

Words Beginning With “P”

Items In A Bank

Team Sports

Desserts

Presents For Men

SPEAK OUT!® Home Practice Day 5

*Find an object across the room, such as a clock or a picture,
and project your voice up and over the object!*

Say May-Me-My-Moe-Moo five times.

Connect the sounds and project your voice “up and over.”

Hold an “ah” for up to 10 seconds five times.

Project your voice “up and over.”

Say “ah” and glide up. Say “ah” again and glide down.

Do this five times.

Count to 12 three times in sets of three numbers.

1 - 2 - 3 - STOP; 4 - 5 - 6 - STOP; 7 - 8 - 9 - STOP; 10 - 11 - 12 - STOP

Read each sentence twice with INTENT:

Keep your chin up.

My favorite color is pink.

What’s for lunch today?

My boxing class starts at nine.

Let’s play a game.

Practice, practice, practice!

Turn down the music.

Turn down the television.

How does my voice sound? I am speaking with INTENT.

Name 5-10 items in each category:

Things That Are Orange

Words Beginning With “V”

Items In A Pharmacy

Outdoor Sports

Types Of Seafood

Fairy Tales

SPEAK OUT!® Home Practice Day 6

*Find an object across the room, like a clock or picture or window,
and project your voice up and over the object!*

Say May-Me-My-Moe-Moo five times.

Connect the sounds and project your voice “up and over.”

Hold an “ah” for up to 10 seconds five times.

Project your voice “up and over.”

Say “ah” and glide up. Say “ah” again and glide down.

Do this five times.

Count to 12 three times in sets of three numbers.

1 - 2 - 3 - STOP; 4 - 5 - 6 - STOP; 7 - 8 - 9 - STOP; 10 - 11 - 12 - STOP

Read each sentence twice with INTENT:

Turn up the television.

Can you hear me?

We need more coffee.

It’s a beautiful day.

I love you very much!

My favorite color is orange.

What time should I call you?

Let’s watch the sunrise.

How is the weather outside?

I always speak with INTENT!

Name 5-10 items in each category:

Things That Are Yellow

Items In A School

Frozen Foods

Words Beginning With “B”

Indoor Sports

Baby Supplies

SPEAK OUT!® Home Practice Day 7

*Find an object across the room, such as a clock or a picture,
and project your voice up and over the object!*

Say May-Me-My-Moe-Moo five times.

Connect the sounds and project your voice “up and over.”

Hold an “ah” for up to 10 seconds five times.

Project your voice “up and over.”

Say “ah” and glide up. Say “ah” again and glide down.

Do this five times.

Count to 12 three times in sets of three numbers.

1 - 2 - 3 - STOP; 4 - 5 - 6 - STOP; 7 - 8 - 9 - STOP; 10 - 11 - 12 - STOP

Read each sentence twice with INTENT:

Will you check the mail?

It's nice to meet you.

Are you ready to go?

I want to take a nap.

When is your birthday?

My favorite color is blue.

I need a vacation.

Let's make some popcorn.

My exercise class is starting.

I like speaking with INTENT!

Name 5-10 items in each category:

Things That Are Black

Items In A Flower Shop

Types Of Cereal

Words Beginning With “S”

Individual Sports

Movies

SPEAK OUT!® Home Practice Day 8

*Find an object across the room, such as a clock or a picture,
and project your voice up and over the object!*

Say May-Me-My-Moe-Moo five times.

Connect the sounds and project your voice “up and over.”

Hold an “ah” for up to 10 seconds five times.

Project your voice “up and over.”

Say “ah” and glide up. Say “ah” again and glide down.

Do this five times.

Count to 12 three times in sets of three numbers.

1 - 2 - 3 - STOP; 4 - 5 - 6 - STOP; 7 - 8 - 9 - STOP; 10 - 11 - 12 - STOP

Read each sentence twice with INTENT:

When is the wedding?

My favorite color is violet.

Let's make potato salad.

The door is locked

Turn on the radio.

What are we having for dinner?

I received a letter today.

What time is our appointment?

Wash your hands.

Say it like you mean it!

Name 5-10 items in each category:

Things That Are Brown

Words Beginning With “E”

Items In A Post Office

Water Sports

Dairy Products

Tools

SPEAK OUT!® Home Practice Day 9

*Find an object across the room, such as a clock or a picture,
and project your voice up and over the object!*

Say May-Me-My-Moe-Moo five times.

Connect the sounds and project your voice “up and over.”

Hold an “ah” for up to 10 seconds five times.

Project your voice “up and over.”

Say “ah” and glide up. Say “ah” again and glide down.

Do this five times.

Count to 12 three times in sets of three numbers.

1 - 2 - 3 - STOP; 4 - 5 - 6 - STOP; 7 - 8 - 9 - STOP; 10 - 11 - 12 - STOP

Read each sentence twice with INTENT:

Please close the window.

We're out of bread.

We need to fill up the car.

Please water the flowers.

Let's go to the beach.

My favorite color is aqua.

Fire up the grill!

Let's walk the dog.

It's windy outside.

My family can hear me!

Name 5-10 items in each category:

Things That Are Pink

Items In A Church

Healthy Food

Words Beginning With “D”

Professional Sporting Teams

Picnic Supplies & Foods

SPEAK OUT!® Home Practice Day 10

*Find an object across the room, such as a clock or a picture,
and project your voice up and over the object!*

Say May-Me-My-Moe-Moo five times.

Connect the sounds and project your voice “up and over.”

Hold an “ah” for up to 10 seconds five times.

Project your voice “up and over.”

Say “ah” and glide up. Say “ah” again and glide down.

Do this five times.

Count to 12 three times in sets of three numbers.

1 - 2 - 3 - STOP; 4 - 5 - 6 - STOP; 7 - 8 - 9 - STOP; 10 - 11 - 12 - STOP

Read each sentence twice with INTENT:

When does baseball start?	My favorite color is navy blue.
That was so fun!	The lawn needs mowing.
The sprinklers are on.	Let’s sing “Happy Birthday!”
Let’s play a board game.	What time is the movie?
Do you have a pencil?	Am I speaking with INTENT?

Name 5-10 items in each category:

Things That Are Purple
Items In A Restaurant
Unhealthy Food

Words Beginning With “K”
Sports For Children
Holidays