POWERbreathe Classic & Plus Training Diary



Table 1: Example training diary – in this example, training level setting 2 was the maximum that could be sustained for 30 breaths during week 1 of training

Week No.	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
1	Level	Duration												
Morning	1	30	1	30	1	30	1.5	30	1.5	30	2	30	2	30
Evening	1	30	1	30	1	30	1.5	30	1.5	30	2	30	2	30

Training Diary

Table 2: Record the training Level on your device and the number of breaths of your training sessions below:

Week No.	Day 1		1 Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration
Morning														
Evening														-

We	ek No.	Day 1		Day 1 Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
		Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration
Мс	orning														
Ev	ening														

Week No.	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	Level	Duration												
Morning														
Evening														

Week No.	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	Level	Duration												
Morning														
Evening														