

## EX1 TRAINING DIARY

Training Protocol: 25 breaths per day, made up of:

- 5 x exhalations = 1 set. Allow 1-minute rest between each set.
- 5 times per day.
- 5 days per week.

In the example given below, the user started on level 0, easily managing to perform 25 breaths on Day 1. By Day 4, the user increased the level to 1 and 25 breaths were achieved.

### Example

	DAY 1					DAY 2					DAY 3					DAY 4					DAY 5				
Session	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Level	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Breaths	5	5	5	5	5	5	5	5	5	4	4	5	5	5	5	5	5	5	5	5	5	5	5	5	5

### WEEK 1

	DAY 1					DAY 2					DAY 3					DAY 4					DAY 5				
Session	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Level																									
Breaths																									

### WEEK 2

	DAY 1					DAY 2					DAY 3					DAY 4					DAY 5				
Session	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Level																									
Breaths																									

### WEEK 3

	DAY 1					DAY 2					DAY 3					DAY 4					DAY 5				
Session	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Level																									
Breaths																									

### WEEK 4

	DAY 1					DAY 2					DAY 3					DAY 4					DAY 5				
Session	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Level																									
Breaths																									

### WEEK 5

	DAY 1					DAY 2					DAY 3					DAY 4					DAY 5				
Session	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Level																									
Breaths																									