



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	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration
Morning	1	10	1	22	1	30	1	30	1.5	30	1.5	30	2	30
Evening	1	10	1	26	1	30	1	30	1.5	30	1.5	30	2	30

Table 2: Record the training level on your device and the number of breaths completed on each training session below:

Suggested Training Plan

30 deep forceful breaths in (inhalations) twice per day, 7 days a week.

Week No.	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
Morning														
Evening														

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	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration
Morning														
Evening														

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	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration
Morning														
Evening														

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	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration
Morning														
Evening														

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	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration
Morning														
Evening														

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	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration
Morning														
Evening														

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	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration
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