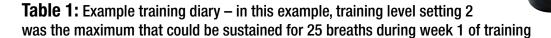


Training Diary



Week No.	[Day 1	D	ay 2	D	ay 3	D	ay 4	D	ay 5
1	Level	Duration								
Session	1	25	1	25	1	25	1.5	25	2	25

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

Suggested Training Plan

25 breaths per day, 5 days a week. In order to get the most out of your training, we suggest 25 forceful breaths out (exhalations) with a 1 minute rest after each set of 5.

Week No.	D	ay 1	D	ay 2	Day 3		Day 4		Day 5	
	Level	Duration								
Session										

Week No.	D	ay 1	Day 2		D	ay 3	D	ay 4	Day 5	
	Level Duration		Level	Duration	Level	Duration	Level	Duration	Level	Duration
Session										

Week No.	D	ay 1	D	ay 2	D	ay 3	Day 4		Day 5	
	Level	Duration								
Session										

Week No.		Day 1	D	ay 2	D	ay 3	D	ay 4	D	ay 5
	Level	Duration								
Session										



Training Diary

Week No.	D	ay 1	D	ay 2	D	ay 3	D	ay 4	D	ay 5
	Level	Duration								
Session										

Week No.	D	ay 1	D	ay 2	D	ay 3	D	ay 4	Day 5	
	Level	Duration								
Session										

Week No.	D	Day 1		Day 2		ay 3	Day 4		Day 5	
	Level	Duration								
Session										

Week No.	D	ay 1	D	ay 2	Day 3		Day 4		Day 5	
	Level	Level Duration		Duration	Level	Duration	Level	Duration	Level	Duration
Session										

Week No.	D	ay 1	D	ay 2	D	ay 3	D	ay 4	D	ay 5
	Level	Duration								
Session										

Week No.	D	ay 1	D	ay 2	Day 3		Day 4		Day 5	
	Level	Duration								
Session										

Week No.	D	ay 1	D	ay 2	D	ay 3	D	ay 4	D	Day 5	
	Level	Duration									
Session											