



Training Diary

Table 1: Example training diary – in this example, training level setting 2 was the maximum that could be sustained for 25 breaths during week 1 of training

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

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

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

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	Level	Duration	Level	Duration	Level	Duration	Level	Duration	Level	Duration
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