

POWERbreathe training diary



Table 1: Example training diary – in this example, load setting 1 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	Load	Duration	Load	Duration	Load	Duration	Load	Duration	Load	Duration	Load	Duration	Load	Duration
Morning	NV	30	NS	30	0	30	0	30	0	30	1	30	1	30
Evening	NV	30	NS	30	0	30	0	30	0	30	1	30	1	30

Note for Medic Plus Users only: If your condition requires you to train at a load setting below “0”, as shown within the load selection range table in the user manual, we suggest that you refer to the “No Spring” option as “NS” and/or the “No Spring & No Valve Assembly” option as “NV” when filling-in the training diary, as shown in the example above.

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

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

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

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

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	Load	Duration	Load	Duration	Load	Duration	Load	Duration	Load	Duration	Load	Duration	Load	Duration
Morning														
Evening														