



# TRAINING JOURNAL

BEFORE YOU BEGIN, WATCH THIS:

[www.PNMedical.com/Start](http://www.PNMedical.com/Start)

STARTING DATE: \_\_/\_\_/\_\_

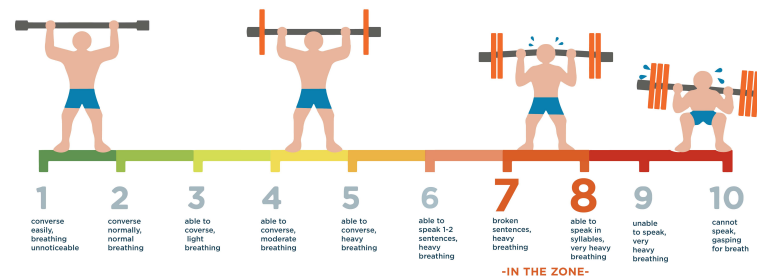
PROTOCOL:

\_\_\_ sets of \_\_\_ reps per session, \_\_\_ sessions per day. \_\_\_ days per week with effort maintained *in the zone*.

WEEK 1	SUN		MON		TUES		WED		THU		FRI		SAT	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
DIAL SETTINGS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
REPS/SETS COMPLETED	/	/	/	/	/	/	/	/	/	/	/	/	/	/
RATE YOUR EFFORT														

During respiratory Muscle Training with the **Breather Fit**, you will experience the greatest benefit if you keep your effort level **IN THE ZONE**. For more information on this check out the training videos at [PNMedical.com/Start](http://PNMedical.com/Start).

## EFFORT SCALE RATE YOUR EFFORT



# BREATHER. FIT

## TRAINING JOURNAL

STARTING DATE:   /  /  

BEFORE YOU BEGIN, WATCH THIS:

[www.pnmedical.com/bfit](http://www.pnmedical.com/bfit)

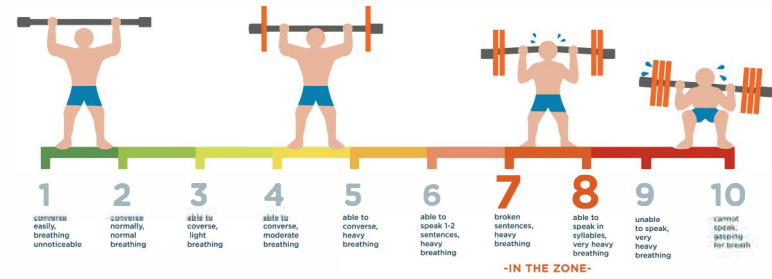
**PROTOCOL:**

   sets of    reps per session,    sessions per day.    days per week with effort maintained *in the zone*.

WEEK 1	SUN		MON		TUES		WED		THU		FRI		SAT	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
DIAL SETTINGS	/	/	1/1	1/1	2/2	2/2	2/2	2/2	2/2	2/2	3/2	3/2	3/2	3/2
REPS/SETS COMPLETED	/	/	10/2	10/2	10/2	10/2	10/2	10/2	8/2	8/2	8/2	9/2	10/2	10/2
RATE YOUR EFFORT			6	6	7	7	7	7	7	7	8	8	8	8

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### EFFORT SCALE RATE YOUR EFFORT





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STARTING DATE: \_\_/\_\_/\_\_

**PROTOCOL:**

\_\_\_ Reps per set, \_\_\_ Sets per Session, \_\_\_ Sessions per Day, \_\_\_ Times per Week, at an Effort Setting of \_\_\_

WEEK 1	SUN		MON		TUES		WEDS		THURS		FRI		SAT	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
DIAL SETTINGS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
SETS COMPLETED														
EFFORT %														

WEEK 2	SUN		MON		TUES		WEDS		THURS		FRI		SAT	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
DIAL SETTINGS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
SETS COMPLETED														
EFFORT %														

WEEK 3	SUN		MON		TUES		WEDS		THURS		FRI		SAT	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
DIAL SETTINGS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
SETS COMPLETED														
EFFORT %														

WEEK 4	SUN		MON		TUES		WEDS		THURS		FRI		SAT	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
DIAL SETTINGS	/	/	/	/	/	/	/	/	/	/	/	/	/	/
SETS COMPLETED														
EFFORT %														