



START DATE: __/__/__



TRAINING JOURNAL

CHECKOUT TRAINING VIDEOS:

PNMedical.com/Start

PROTOCOL:

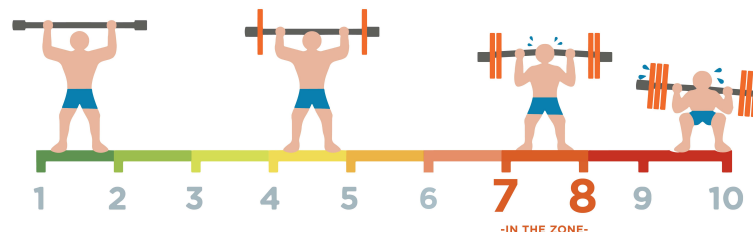
__ sets of __ reps per session, __ sessions per day __ days per week with effort maintained *in the zone*.

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	/	/	/	/	/	/	/	/	/	/	/	/	/	/
REPS/SETS COMPLETED	/	/	/	/	/	/	/	/	/	/	/	/	/	/
EFFORT in the zone?														

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

BREATHER FIT EFFORT SCALE

RATE YOUR EFFORT



WWW.PNMEDICAL.COM

BREATHER FIT

START DATE: 7/27/20



TRAINING JOURNAL

CHECKOUT TRAINING VIDEOS:

PNMedical.com/Start

PROTOCOL:

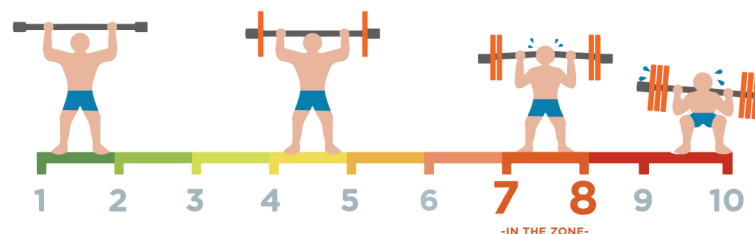
2 sets of 10 reps per session, 2 sessions per day 6 days per week with effort maintained *in the zone*.

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	/	/	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
EFFORT in the zone?			6	6	7	7	7	7	7	7	8	8	8	8

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PROTOCOL:

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

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	/	/	/	/	/	/	/	/	/	/	/	/	/	/
REPS/SETS COMPLETED	/	/	/	/	/	/	/	/	/	/	/	/	/	/
EFFORT in the zone?														

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	/	/	/	/	/	/	/	/	/	/	/	/	/	/
REPS/SETS COMPLETED	/	/	/	/	/	/	/	/	/	/	/	/	/	/
EFFORT in the zone?														

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	/	/	/	/	/	/	/	/	/	/	/	/	/	/
REPS/SETS COMPLETED	/	/	/	/	/	/	/	/	/	/	/	/	/	/
EFFORT in the zone?														

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	/	/	/	/	/	/	/	/	/	/	/	/	/	/
REPS/SETS COMPLETED	/	/	/	/	/	/	/	/	/	/	/	/	/	/
EFFORT in the zone?														