



TRAINING JOURNAL

BEFORE YOU BEGIN, WATCH THIS:

www.PNMedical.com/Start

STARTING DATE: __/__/__

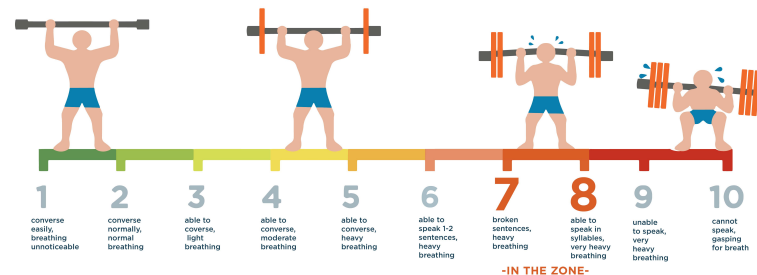
PROTOCOL:

___ 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.

EFFORT SCALE RATE YOUR EFFORT



BREATHER. FIT

TRAINING JOURNAL

STARTING DATE: / /

BEFORE YOU BEGIN, WATCH THIS:

www.pnmedical.com/bfit

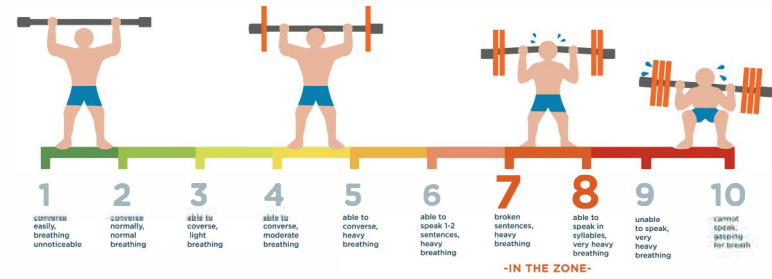
PROTOCOL:

 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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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 %														