Name: _____

Long Breathing sessions

Date	MCP	Time	Initial Pulse	1-st CP	2-nd CP	3-rd CP	4-th CP	5-th CP	6-th CP	7-th CP	Final Pulse	PE, min	Symptoms, medication and auxiliary activities

CP (Control Pause); MCP (morning Control Pause); RB (reduced breathing); PE (physical exercise in minuts per day). The final CP is measured after about 2-3 min break (no breathing control) after finishing the breathing session.