

Name: _____

Common daily log (2020)

Date	MCP	Sleep D (h)	PE, E	PE, I	IBW	Time (hour)	Init. pulse	Init CP	Breath cycle or BH (sec)	Session T	Final pulse	Final CP	Symptoms, medication and auxiliary activities

CP (Control Pause); MCP (Morning Control Pause); Sleep D (sleep duration), IBW (informal breathwork, time), PE (physical exercise in minutes per day): E (easy) and I (intensive), S (soiling, 0-9 toilet papers); Session T (session duration). The final CP is done after 2-3 min rest.