Name: _____ CP without RB daily log

NB

me: _		Time	Time Init. Init Breath cycle and Final Final PE, Symptoms, medication							
Date	MCP	(hour)	Init. CP	Init pulse	Breath cycle and session time	pulse	CP	PE, min	Symptoms, medication ar auxiliary activities	
				<u> </u>						
						1				
				1						
				-						
				ļ						
				-						
				ļ						

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.