

Name: _____ No CP daily log

fame: No CP daily log							
Date	Morning Pulse	Time (hour)	Init pulse	No CP of Breath cycle and session time	Final pulse	PE, min	Symptoms, medication and auxiliary activities
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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.