

Name:

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------|--------|---------|-----------|----------|--------|----------|--------|
| Date | | | | | | | |
| Start time Alert /Mood before | | | | | | | |
| Finishing time Alert /Mood after | | | | | | | |
| Starting time Alert/Mood before | | | | | | | |
| Finishing time Alert / Mood after | | | | | | | |

Practice - 2 sessions of 10 -20 minutes each of breathing at your resonant frequency setting - per day. Br/min =

Note your alertness level as well as your mood before and then after the session. Name the mood and indicate your alertness level on a scale from 1 – 10 (10 being highly alert and 1 lowest alertness).