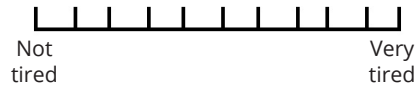
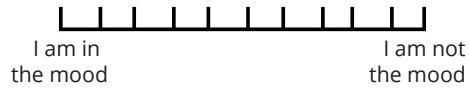


Name: Date: - - Time:

Did you want to exercise today?



How do you feel?



TEST(reset High score before every attempt!)

Highscore Fair Hammer

EXHALE		INHALE	
Attempt 1	Attempt 1
Attempt 2	Attempt 2
Attempt 3	Attempt 3

Highscore Billiard Breath

EXHALE		INHALE	
Attempt 1	Attempt 1
Attempt 2	Attempt 2
Attempt 3	Attempt 3

Breath Trainer

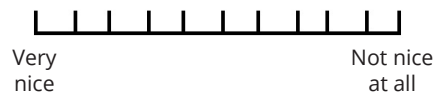
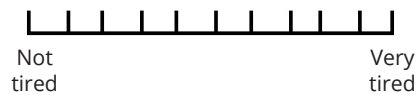
EXHALE	distance	difficulty	X*	INHALE	distance	difficulty	X*
Endurance	Endurance
Endu/strength	Endu/strength
Strength	Strength

*X number of repetitions

How are you after training?



What did you think of the training ?



Which apps have been used?

- Groovtube app
- Breathscore app
- Fair Hammer app
- Breath Trainer app
- Billiard Breath app
- Groovy the Dragon
- Breath Music app

Is the training with or without the white cap? With cap Without cap

Duration of the training: minutes

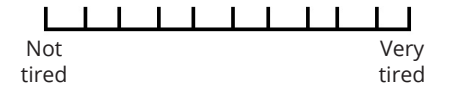
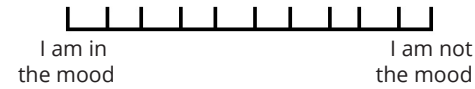
Additional comment:

Name: Date: - - Time:

Did you want to exercise today?



How do you feel?



TEST(reset High score before every attempt!)

Highscore Fair Hammer

EXHALE		INHALE	
Attempt 1	Attempt 1
Attempt 2	Attempt 2
Attempt 3	Attempt 3

Highscore Billiard Breath

EXHALE		INHALE	
Attempt 1	Attempt 1
Attempt 2	Attempt 2
Attempt 3	Attempt 3

Breath Trainer

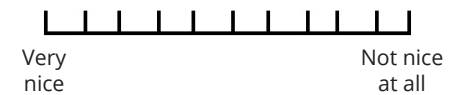
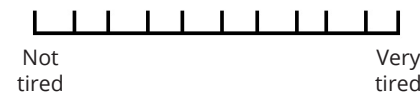
EXHALE	distance	difficulty	X*	INHALE	distance	difficulty	X*
Endurance	Endurance
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Strength	Strength

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