

Oay 90 on EarthPulse™ I'm sleeping  My energy level is		3 4	5	6	7	8	9	10
My energy level is	( ) ( )	( ) (	) ( )	( )	(X)	( )	( )	( )
·	( ) ( )	( ) (	) (X)	( )	( )	( )	( )	( )
My physical performance level is	( ) ( )	( ) (	) ( )	( )	( )	(X)	( )	( )
My mental performance level is	( ) ( )	( ) (X	) ( )	( )	( )	( )	( )	( )
My resting-breath-hold (RBH) is	In secor	nds: 102						
My pain level is $(10 = worst)$	( ) ( )	()(	) ( )	( )	(X )	( )	( )	( )
My body-weight is	159	lbs.	or _		· · · · ·	kgs.	, ,	` '
(Men) I usually wake to urinate	1	many	times j	per n	ight			
Comments: Please write as much as you	ı would like l	here, ther	n return	to en	nail b	elow.		



Day 28 on EarthPulse™ I'm sleeping  My energy level is  My physical performance level is	( )	(	) (	٠.	,	`	/ <b>/</b> /\	,		, ,					
			, ,	)	(	)	(X)	(	)	( )	( )	(	)	(	)
My physical performance level is	( )	(	) (	)	(	)	(X)	(	)	( )	( )	(	)	(	)
	( )	(	) (	)	(	)	( )	(	)	( )	(X)	(	)	(	)
My mental performance level is	( )	(	) (	X)	(	)	( )	(	)	( )	( )	(	)	(	)
My resting-breath-hold (RBH) is	In s	eco	nds	: 80	) se	cc	nds								
My pain level is $(10 = worst)$	( )	(	) (	)	(	)	( )	(	)	( )	(X )	) (	)	(	)
My body-weight is		161	5	lbs	S.	or	_			k	gs.				
(Men) I usually wake to urinate	1	tim	e pe	r ni	gh	t to	urii	ate	;						
	1	2	3		4		5	6	i	7	8	•	9	10	)
Day 60 on EarthPulse™ I'm sleeping	1 ( )	<b>2</b> (	3	)	4 (	)	<b>5</b> ( )	_	;		8 ( )		<b>)</b>	10	
Day 60 on EarthPulse™ I'm sleeping My energy level is	1 ( )	<b>2</b> ( (	3) ((	)		)		(							
My energy level is  My physical performance level is	1 ( ) ( )	(	3 ) (( ) ((	)		) )	( )	(	)		( )	(			
My energy level is  My physical performance level is  My mental performance level is	1 ( ) ( )	( ( (	) (	) )		) ) )	( ) ( X)	(	)	(X)	( ) ( ) (X )	(	)		
My energy level is  My physical performance level is	1 ( ) ( ) ( ) ( )	( ( (	) ( ) ( ) (	) ) ) X)	( ( (	) ) )	( ) ( X) ( )	( (	)	(X) ( )	( ) ( ) (X )	(	)		
My energy level is  My physical performance level is  My mental performance level is  My resting-breath-hold (RBH) is  My pain level is (10 = worst)	( ) ( ) ( ) ( ) In s	( ( ( eco	) ( ) ( ) ( ) ( ) (	) ) X) : 73	( ( ( 8 se	) ) ecc	( ) ( X) ( ) ( ) ends ( )	( ( (	) ) )	(X) ( ) ( ) ( )	( ) ( ) ( ) ( )	( ) ( ) (	) ) )	( ( (	) ) )
My energy level is My physical performance level is My mental performance level is My resting-breath-hold (RBH) is	( ) ( ) ( ) ( ) In s	( ( ( eco (	) ( ) ( ) ( ) ( ) (	) ) (*) (*) (*) (*) (*)	( ( ( ( S see ( ss.	) ) ) ecc	( ) ( X) ( ) ( ) ands ( )	( ( (	) ) )	(X) ( ) ( ) ( ) (X)	( ) ( ) ( ) ( )	( ) ( ) (	) ) )	( ( (	) ) )



My energy level is  My physical performance level is  My mental performance level is  My resting-breath-hold (RBH) is  My pain level is (10 = worst)	( )	( )	(	)	(X)	( )	(	)	( )	- (	١	<i>(</i> )	/	)
My physical performance level is My mental performance level is My resting-breath-hold (RBH) is	( )	<i>(</i> )			` '	. ,	'	,	( )	(	,	( )	(	,
My mental performance level is My resting-breath-hold (RBH) is	( )	( )	(	)	(X)	( )	(	)	( )	(	)	( )	(	)
My resting-breath-hold (RBH) is		( )	(	)	( )	(	) (	)	(	) (X	()	( )	(	)
•	( )	( )	(X	()	( )	( )	(	)	( )	(	)	( )	(	)
My pain level is $(10 = worst)$	In se	econ	ds:	84	sec	onds	;							
· · · · · · · · · · · · · · · · · · ·	( )	( )	(	)	( )	(X)	(	)	( )	(	)	( )	(	)
My body-weight is	16	0.5_	!	lbs	. 0	r _				kgs.				
(Men) I usually wake to urinate	1 t	ime	per	nig	ght t	o uri	nat	e						
	1	2	3		4	5		6	7	8		9	10	)
Day 21 on EarthPulse™ I'm sleeping	1 ( )	<b>2</b> ( )	3 (	)	<b>4</b> (X)	<b>5</b>	(	<b>6</b>	7	8 (	)	9 ( )	10	)
Day 21 on EarthPulse™ I'm sleeping My energy level is	1 ( ) ( )	<b>2</b> ( ) ( )	<b>3</b> ( (	)		5 ( ) (X)	(	6	<b>7</b> ( )	8 (	)	<b>9</b> ( ) ( )	10 (	)
	1 ( ) ( )	<b>2</b> ( ) ( ) ( )	<b>3</b> ( ( ( (	) ) )		( )	(	6 )	7 ( ) ( )	8 ( ( ( ) (X	)	9 ( ) ( )	10 (	) ) )
My energy level is	1 ( ) ( ) ( )	<b>2</b> ( ) ( ) ( ) ( )	3 ( ( ( X	) ) )		( )	(	6 )	<b>7</b> ( ) ( )	8 ( ( ( ) (×	) )	9 ( ) ( )	10 ( ( ( (	) ) ) )
My physical performance level is	1 ( ) ( ) ( ) ( )	( ) ( ) ( )	( ( (X	)	(X) ( ) ( )	( ) (X) (	( ( ) ( ) (	6 )	<b>7</b> ( ) ( ) ( )	<b>8</b> ( ( ) ( X ) ( X ) ( X ) ( X )	) ) (i) )	9 ( ) ( )	10 ( ( ( (	)))))))
My energy level is  My physical performance level is  My mental performance level is	( )	( ) ( ) ( ) ( )	( ( (X ds:	) ) () 65	(X) ( ) ( ) ( ) sec	( ) (X) ( ( onds	( ( ) ( ) ( ;	) )	( )	( ( ) (X ) (	) ) () )	( ) ( ) ( )	( ( (	) ) )
My energy level is My physical performance level is My mental performance level is My resting-breath-hold (RBH) is	( ) ( ) ( ) ( ) In se	( ) ( ) ( ) econ	( ( (X ds:	) ) () 65 )	(X) ( ) ( ) sec	( ) (X) ( ( onds (X	( ( ) ( ) ( ;	) ) )	( )	( ( ) (X ) (		( ) ( ) ( )	( ( (	) ) )



## FEEDBACK FORM

LAST NAME:...CHOI........AGE: ...37....PURCHASE DATE:...Nov. 1, 2010.......If DEVICE FAILS TO PRODUCE SATISFACTORY RESULTS, PLEASE RETURN THIS FORM COMPLETED 30-90 DAYS TO RECEIVE RETURN-AUTHORIZATION AND YOUR RETURNS INSTRUCTIONS (DEPENDING UPON YOUR LOCATION).

## RE-SAVE THIS DOCUMENT EACH TIME YOU UPDATE IT

On a Scale of 1 -10 (10=BEST)

			_					(		,	
Base-Line	1	2	3	3	4	5	6	7	8	9	10
Prior to EarthPulse™ I'm sleeping	( )	( )	( )	x)	( )	( )	( )	( )	( )	( )	( )
My energy level is	( )	( )	( )	x)	( )	( )	( )	( )	( )	( )	( )
My physical performance level is	( )	( )	(	)	( )	( )	( )	( )	(x)	( )	( )
My mental performance level is	( )	( )	(	)	(x)	( )	( )	( )	( )	( )	( )
My resting-breath-hold (RBH) is	In s	ecor	ds:	ab	out 3	0 sec	conds	;			
My pain level is (10=worst)	( )	( )	(	)	( )	( )	( )	( X)	( )	( )	( )
My body-weight is		_162	.5_		lt	s. c	or _		k	gs.	
(Men) I usually wake to urinate	1	time	pei	r ni	ght to	o urin	ate				
	1	2	3		4	5	6	7	8	9	10
Day 7 on EarthPulse™ I'm sleeping	( )	( )	(	)	(X)	( )	( )	( )	( )	( )	( )
My energy level is	( )	( )	(	)	(X)	( )	( )	( )	( )	( )	( )
My physical performance level is	( )	( )	(	)	( )	( )	( )	( )	(X)	( )	( )
My mental performance level is	( )	( )	(	)	(X)	( )	( )	( )	( )	( )	( )
My resting-breath-hold (RBH) is	In s	ecor	ıds:	30	seco	onds					
My pain level is $(10 = worst)$	( )	( )	(	)	( )	( )	(X )	( )	( )	( )	( )
My body-weight is	1	61.6	, ,	,	lbs.	or		` '	kgs.	( )	( )
(Men) I usually wake to urinate						o urin			- 0		
(/ =			r		O V						

Resting Breath Hold (RBH) almost never fails to improve during first week. If RBH did fail to improve (or got worse which is even more rare), please re-read your RBH test instructions (in the same email this document was attached to. Usually a reduction can be tracked to a failure to oxygen load consistently with the past RBH test, or taking under different conditions.

**Comments:** Please write as much as you would like in the space below. The page will continue down as necessary. Please use the device nightly during the first 90-day period (don't loan it out!!!) to maximize your statistical probability and level of success. Call for technical support if you have any questions. Contact numbers are at end of this document. Thank you!

I started workout from next day of the initial RBH test.