

Day 90 on EarthPulse™ I'm sleeping  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)  My body-weight is	1 2 3 4 5 6 7 8 9 10  ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) (	
(Men) I usually wake to urinate  NOW, IF YOU'D LIKE TO LOAN YOUR  Thank you and be well.  Comments: Please write as much as you	0 many times per night  R EARTHPULSE OUT, PLEASE DO SO!  u would like here, then return to email below.	
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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)	( )	(	)	,														
My physical performance level is My mental performance level is My resting-breath-hold (RBH) is	( )		,	(	)	(	)	( )	)	( )	(	x )	(	)	(	)	(	)
My mental performance level is My resting-breath-hold (RBH) is	( )	(	)	(	)	(	)	( )	)	( )	(	)	( x	. )	(	)	(	)
My resting-breath-hold (RBH) is		(	)	(	)	(	)	( )	)	( )	(	)	( )	x )	(	)	(	)
•	( )	(	)	(	)	(	)	( )	)	( )	(	x )	(	)	(	)	(	)
My pain level is $(10 = worst)$	ln s	ecc	ond	is:	52	•	,	` ′		` ′	`	,	•	,	`	,	•	•
	( )	(	)	(	)	(	)	( )	)	( x	)	( )	(	)	(	)	(	)
My body-weight is		157											]			,	`	,
(Men) I usually wake to urinate								ime						U				
	1	2		3		4		5		6	7	,	8		9		10	
Day 60 on EarthPulse™ I'm sleeping	1 ( )	<b>2</b> (	)	<b>3</b> (	)	4 (	)	<b>5</b> ( )	•	<b>6</b>	7	, )	<b>8</b> ( x	. )	9 (	)	<b>10</b> (	)
Day 60 on EarthPulse™ I'm sleeping My energy level is	1 ( )	<b>2</b> ( (	)	<b>3</b> (	)	<b>4</b> (	)	<b>5</b> ( )		<b>6</b> ( )	7	, ) )		΄.	9 (	)	<b>10</b> (	)
	1 ( ) ( ) ( )	<b>2</b> ( ( ( (	) )	<b>3</b> ( ( (	) ) )	<b>4</b> ( ( ( (	) ) )	<b>5</b> ( ) ( ) ( )		<b>6</b> ( )	7	, ) )	( x	· )	9 ( ( (	)	<b>10</b> ( ( (	) )
My energy level is	1 ( ) ( ) ( ) ( )	<b>2</b> ( ( ( ( (	) ) )	<b>3</b> ( ( ( ( (	) ) )	<b>4</b> ( ( ( ( (	) ) ) )	<b>5</b> ( ) ( ) ( ) ( ) ( )		<b>6</b> ( ) ( ) ( ) ( ) ( )	77	)	( x	· )	9 ( ( ( (	) ) )	<b>10</b> ( ( ( (	) ) )
My energy level is  My physical performance level is	( )	2 ( ( ( (	) ) )	( ( ( (	) ) ) 51	4 ( ( ( (	) ) ) )	<b>5</b> ( ) ( ) ( )		6 ( ) ( )	77	) ) )	( x ( x ( x	· )	9 ( ( ( (	) ) )	<b>10</b> ( ( ( (	) ) )
My energy level is  My physical performance level is  My mental performance level is	( )	( ( ( seco	) ) ) ond	( ( ( ds:		( ( (	) ) ) )	( )	)	( )	() ()	) ) )	( x ( x ( x	, ; ) ; )	( ( (	) )	( ( (	) ) )
My physical performance level is My mental performance level is My resting-breath-hold (RBH) is	( ) ( ) ( ) ( )	( ( ( seco	) ) ) onc	( ( ( ( ds:	)	( ( ( ( x		( )			() (	) ) )	( x ( x ( x	) :) :)	( ( ( ( (	) )	( ( (	) ) )



Day 14 on EarthPulse™ I'm sleeping  My energy level is  My physical performance level is  My mental performance level is	( ) ( )	) (	)	( )	(	)	( )	`,	x )	(	) (	)	(	)
My physical performance level is	( ) ( )	) (	)	( )	(	)	( )	(	x )	(	) (	)	(	)
* * * *													•	,
My mental performance level is	( ) ( )	) (	)	( )	(	x )	(	) (	)	(	) (	)	(	)
-J F T	( ) ( )	) (	)	( )	(	)	( )	(	x )	(	) (	)	(	)
My resting-breath-hold (RBH) is	In seco	nds	: 49	)										
My pain level is $(10 = worst)$	( ) ( )	) (	)	( )	(	)	( x	) (	)	(	) (	)	(	)
My body-weight is	159			_ lb	S.	or				_ k	gs.			
(Men) I usually wake to urinate	1_		1	nan	y tir	nes	per	nig	ht					
oxygen load properly to make your RBH a	- documento	as					ss. I				ntly ke s			
xygen load properly to make your RBH a	<u> </u>	as												
exygen load properly to make your RBH a	1 2	as	pos			cce			se			ure		
			pos	sible	<del>)</del> .	cce	ss. I	7	se	mak	Ke s	ure	; yo	
Day 21 on EarthPulse™ I'm sleeping My energy level is			pos	sible	<del>)</del> .	cce	ss. I	7	x)	mak	9 ) (	ure	; yo	
Day 21 on EarthPulse™ I'm sleeping			pos	sible	<del>)</del> .	cce	ss. I	7	x)	8 (	9 ) (	ure	; yo	
Day 21 on EarthPulse™ I'm sleeping My energy level is			pos	sible	<del>)</del> .	cce	6 ( ) ( )	7	x)	8 ( ( x ( x	9 ) ( ) (	) ()	10 (	
Day 21 on EarthPulse™ I'm sleeping  My energy level is  My physical performance level is		3 ) ( ) ( ) (	) ) )	4 ( ) ( )	<del>)</del> .	cce	6 ( ) ( )	<b>7</b> ( ( (	x)	8 ( ( x ( x	9 ) ( ) (	) ()	10 (	
Day 21 on EarthPulse™ I'm sleeping  My energy level is  My physical performance level is  My mental performance level is	1 2 ( ) ( ) ( ) ( ) ( ) ( )	3 ) ( ) ( ) ( ) (	) ) ) ) : 50	4 ( ) ( ) ( )	<b>5</b>	) )	6 ( ) ( )	<b>7</b> ( ( ( ( (	x) ) )x)	8 ( ( x ( x (	9 ) ( ) ( ) ( ) (	ure )	10 ( ( (	) ) )
My physical performance level is My mental performance level is My resting-breath-hold (RBH) is	1 2 ( ) ( ) ( ) ( ) ( ) ( ) In second	3 ) (( ) ( ) ( ) ( pnds	) ) ) ) ) ) )	4 ( ) ( ) ( )	<b>5</b>	) ) )	6 ( ) ( ) ( )	<b>7</b> ( ( ( ( (	x) ) x)	8 ( x ( x (	9 (i) (ii) (iii) (	ure )	10 ( ( (	) ) )



## FEEDBACK FORM

(x) ( > ( > ( > 6	) (x () ( ) ( x) ( ) (x ) (x ————————————————————————————————————	) (	) ( ) ) ) ) kgs.	( )	) (	) )
(x) ( > ( > ( > 6	( ) ( ) ( x	) (( ) (( ) ( =	) ) ) kgs.	( )	) (	) )
) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) (	) ( x ) ( x	) (( ) ( 1) ( ————————————————————————————————————	) ) kgs.	( )		) )
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( 	) ( x er nigh	t ) (	) kgs.	( )		)
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s per	er nigh	 t	kgs.			)
s pei	er nigh <b>7</b>	t				
6	7					
_	-	8	9	•		
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( <b>x</b>	x) (	) (	)	( )	) (	)
(	) ( x	(	)	( )	) (	)
					`	•
s pei	er nigh	t				
	s pe	s per nigh  g first we our RBH to can be tra ent condite will continue	s per night  g first week.  our RBH test can be tracked ent conditions will continue do naximize your sta	kgs. s per night  g first week. If Report RBH test instruction be tracked to a sent conditions. will continue down as an aximize your statistical	kgs. s per night  g first week. If RBH our RBH test instruction be tracked to a farent conditions. will continue down as ne naximize your statistical pr	s per night  g first week. If RBH did our RBH test instructions can be tracked to a failure