BREATHE Better — Stay STRONG



MODULE 1UNDERSTAND YOUR LUNGS

Track Your Exercise

Track your repetitions, weight used for strength training, daily cardio.

Fill in a circle to track how often you "Exercise With US" and how often you include 30 minutes of cardio in your day.

Example

Module 1: Exercise with Us	Daily Cardio — 30 minutes
Repetitions: 8 Repetitions	Description: 5 minutes/5 times a day OR to the mailbox 3 times a day
Weight: water bottles or 1.5kg weights	

Module 1: Exercise with Us	Daily Cardio — 30 minutes
Repetitions:	Description:
Weight:	

Module 2: Exercise with Us	Daily Cardio — 30 minutes
Repetitions:	Description:
Weight:	

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MODULE 1 UNDERSTAND YOUR LUNGS

Module 3: Exercise with Us	Daily Cardio — 30 minutes
Repetitions:	Description:
Weight:	
Module 4: Exercise with Us	Daily Cardio — 30 minutes
Repetitions:	Description:
Weight:	
Module 5: Exercise with Us	Daily Cardio — 30 minutes
Module 5: Exercise with Us Repetitions:	Daily Cardio — 30 minutes Description:
Repetitions:	
Repetitions:	
Repetitions:	
Repetitions: Weight:	Description:
Repetitions: Weight: Module 6: Exercise with Us	Daily Cardio — 30 minutes

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MODULE 1 UNDERSTAND YOUR LUNGS

Module 7: Exercise with Us	Daily Cardio — 30 minutes
Repetitions:	Description:
Weight:	
Module 8: Exercise with Us	Daily Cardio — 30 minutes
Module 8: Exercise with Us Repetitions:	Daily Cardio — 30 minutes Description: