

**Trainings-Tagebuch**

**mit POWERbreathe Plus**

**Tabelle 1:** Beispiel eines Tagebuchs – Das Beispiel zeigt, dass nach 7 Tagen ein Training bei einem Widerstand auf Level 2 mit 30 Atemzüge möglich waren.

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| **Woche Nr.** | **Tag 1** | | **Tag 2** | | **Tag 3** | | **Tag 4** | | **Tag 5** | | **Tag 6** | | **Tag 7** | |
| **1** | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge |
| **morgens** | 1 | 30 | 1 | 30 | 1 | 30 | 1.5 | 30 | 1.5 | 30 | 2 | 30 | 2 | 30 |
| **abends** | 1 | 30 | 1 | 30 | 1 | 30 | 1.5 | 30 | 1.5 | 30 | 2 | 30 | 2 | 30 |

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**Table 2:** Erfasse den Trainings-Level vom Gerät und die Anzahl Atemzüge nach der Trainings-Session:

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| **Woche Nr.** | **Tag 1** | | **Tag 2** | | **Tag 3** | | **Tag 4** | | **Tag 5** | | **Tag 6** | | **Tag 7** | |
|  | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge |
| **morgens** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **abends** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Woche Nr.** | **Tag 1** | | **Tag 2** | | **Tag 3** | | **Tag 4** | | **Tag 5** | | **Tag 6** | | **Tag 7** | |
|  | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge |
| **morgens** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **abends** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Woche Nr.** | **Tag 1** | | **Tag 2** | | **Tag 3** | | **Tag 4** | | **Tag 5** | | **Tag 6** | | **Tag 7** | |
|  | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge |
| **morgens** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **abends** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Woche Nr.** | **Tag 1** | | **Tag 2** | | **Tag 3** | | **Tag 4** | | **Tag 5** | | **Tag 6** | | **Tag 7** | |
|  | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge | Level | Atemzüge |
| **morgens** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **abends** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |