

# Breathing Rate Log

In this tracker, you will take your breathing rate before and after a calming breathing exercise 3 times per day for 7 days. The aim is that over the course of the week you should notice your 'before rate'/resting breathing rate & anxiety symptoms begin to decrease.

## HOW TO USE THIS TRACKER

Step 1: Take your 'before' or resting breathing rate and write the number of breaths you took in 1 minute into the log below

Step 2: Do 3 to 5 minutes of a calming breathing technique

Step 3: Take your 'after' breathing rate and write the number of breaths you took in 1 minute it into the log below

Step 4: Repeat steps 1-3 twice more today and write your results in the log.

You might like to take note of how you are feeling before and after and if you are experiencing any improvements in your symptoms of over-breathing

|       | First Check (in the morning)                    | Second Check (middle of the day)                | Third Check (end of the day)                    |
|-------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|
| DAY 1 | Breathing Rate Before:<br>Breathing Rate After: | Breathing Rate Before:<br>Breathing Rate After: | Breathing Rate Before:<br>Breathing Rate After: |
| DAY 2 | Breathing Rate Before:<br>Breathing Rate After: | Breathing Rate Before:<br>Breathing Rate After: | Breathing Rate Before:<br>Breathing Rate After: |
| DAY 3 | Breathing Rate Before:<br>Breathing Rate After: | Breathing Rate Before:<br>Breathing Rate After: | Breathing Rate Before:<br>Breathing Rate After: |
| DAY 4 | Breathing Rate Before:<br>Breathing Rate After: | Breathing Rate Before:<br>Breathing Rate After: | Breathing Rate Before:<br>Breathing Rate After: |
| DAY 5 | Breathing Rate Before:<br>Breathing Rate After: | Breathing Rate Before:<br>Breathing Rate After: | Breathing Rate Before:<br>Breathing Rate After: |
| DAY 6 | Breathing Rate Before:<br>Breathing Rate After: | Breathing Rate Before:<br>Breathing Rate After: | Breathing Rate Before:<br>Breathing Rate After: |
| DAY 7 | Breathing Rate Before:<br>Breathing Rate After: | Breathing Rate Before:<br>Breathing Rate After: | Breathing Rate Before:<br>Breathing Rate After: |