



Pulmonary Fibrosis Now!

The Breathing Challenge

LEVEL 3



Challenge Accepted! This is a challenge to help you exercise your lungs. Practice a breathing exercise three times a day for one full week, and record your progress. Print the chart below to help you record your progress.

1. Choose any of the breathing techniques discussed (Pursed-Lip Breathing, Forced Coughing, Huff Cough, or Belly Breathing), or try a new one of your own.
2. Perform your breathing exercise once when you wake up, again before lunch, and finally before going to bed.
3. Place your initials once you've done a full 5 minutes.
4. Optional: Measure your SpO2 level (see pfNOW!'s *Boost Your Lifestyle* section for details). See if your oxygen saturation improves over the week.

Breathing Exercise:		Begin Date:					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake Up							
Before Lunch							
Before Bed							
SpO2 Reading							
NOTES (<i>i.e.</i> is the exercise easier over time? Has your SpO2 increased? When is breathing most difficult?) <hr/> <hr/> <hr/>							



With regular practice, the exercises will become muscle memory and you can do them throughout the day. After you've completed the challenge with one breathing technique, why not try a new one?