



# Pulmonary Fibrosis Now!

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## The Breathing Challenge **LEVEL 3 ADVANCED** Measure Your Oxygen Saturation with a Pulse Oximeter



**Challenge Accepted!** This is a challenge to help you measure oxygen intake. Measure your oxygen saturation (SpO2) three times a day for one full week, and record your progress. Print the chart below to help you record your progress.

Now that you have a pulse oximeter, record your data daily.

One easy way for IPF patients to measure their progress is to determine their oxygen saturation (SpO2 reading). This is the percentage of blood that is loaded with oxygen, and can help inform how a patient is progressing with treatment by measuring how much oxygen we are getting in with our current breathing. "Normal" ranges are from 95 to 99 percent. IPF patients can have much lower ranges, and a good goal is to try to increase your SpO2 level by engaging in one or more of our challenges and measuring regularly. Try to bring your SpO2 level up one percent in 2 weeks by doing breathing exercises every day.

Measure your progress by writing it down. Take your SpO2 reading 2-3 times to get an average read, and record it daily. When you begin doing regular breathing exercises, taking a new enzyme or medicine, or trying daily challenges, record your levels before and afterwards

Week of (Monday's Date): Monday, ___ / ___ /2018								
SpO2	MON	TUES	WED	THUR	FRI	SAT	SUN	AVG.
8AM / waking								
12PM / mid-day								
8PM / bedtime								
After exercise								
Other								
Goal SpO2 for next Monday _____ This week's Challenge								
NOTES								
_____								