H.E.L.P.

Harmonica Exercise for Lung - Practice Diary

Name:						Respiratory Muscle Strength Evaluation					date		Start Code:	
Week	Day	Date	Long Tones Time	Long Tones RPE	Train Time	Train RPE	Chordal Jam Time	Chordal Jam RPE	Freestyle Rhythm Time	Freestyle Rhythm RPE	**Total Practice Time**	**Average RPE**	Comments	
1	Fr													
1	Sa													
1	Su													
1	Mo													
1	Tu													
1	We													
1	Th													
Week 1		**Summary**												
2	Fr													
2	Sa													
2	Su													
2	Mo													
2	Tu													
2	We													
2	Th													
Week 2		**Summary**												
3	Fr													
3	Sa													
3	Su													
3	Mo													
3	Tu													
3	We													
3	Th													
Week 3		**Summary**												

H.E.L.P.

Harmonica Exercise for Lung - Practice Diary

Name:						Respiratory Muscle Strength Test					date		Start Code:	
Week	Day	Date	Long Tones Time	Long Tones RPE	Train Time	Train RPE	Chordal Jam Time	Chordal Jam RPE	Freestyle Rhythm Time	Freestyle Rhythm RPE	**Total Practice Time**	**Average RPE**	Comments	
4	Fr													
4	Sa													
4	Su													
4	Mo													
4	Tu													
4	We													
4	Th													
Week 4		**Summary**												
5	Fr													
5	Sa													
5	Su													
5	Mo													
5	Tu													
5	We													
5	Th													
Week 5		**Summary**												
6	Fr													
6	Sa													
6	Su													
6	Mo													
6	Tu													
6	We													
6	Th													
Week 6		**Summary**												
Month		**Summary**												