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## WHY SHOULD YOU RECORD YOUR PROGRESS IN THE RESPeRATE TAKE CONTROL LOGBOOK?

Keeping a Logbook will help you and your healthcare provider evaluate the effect of your RESPeRATE treatment as well as other treatments on your blood pressure.

**REMEMBER:** Bring your *Take Control* LogBook with you on your doctor office visits.

## HOW TO RECORD YOUR PROGRESS IN YOUR TAKE CONTROL LOGBOOK?

Every time your blood pressure is measured, at home or at the medical office, and every time you use RESPeRATE, complete the following relevant fields:

### RESPERATE WEEKLY THERAPEUTIC MINUTES:

In order to benefit from RESPeRATE, your goal is to accumulate at least 40 Therapeutic Breathing Minutes every week which is typically achieved through four or more 15-minute exercise sessions. RESPeRATE keeps track of the Weekly Therapeutic Minutes for the last week (7 days). The accumulated Weekly Therapeutic Minutes appears momentarily on the RESPeRATE display when you turn it on so you can check that you are reaching the goal. Record your Weekly Therapeutic Minutes, as shown by RESPeRATE, every time you use it.

**DATE:** Mark the date accordingly of your home blood pressure measurement, office blood pressure measurement and Weekly Therapeutic Minutes.

**HOME BLOOD PRESSURE:** Some people with high blood pressure measure their blood pressure at home. Blood pressure can be measured in the AM and/or PM. In each of the appropriate columns, fill in the systolic value (the higher number of your blood pressure measurement) and the diastolic value (the lower number of your blood pressure measurement). Home measurements tend to be somewhat different than doctor's office measurements and therefore should be recorded separately from office measures. Please refer to your home blood pressure monitor manual for guidelines to take an accurate measurement of your blood pressure.

**OFFICE BLOOD PRESSURE:** During your office visit, your blood pressure may be measured. For each measurement, record the systolic value (the higher number of your blood pressure measurement) and the diastolic value (the lower number of your blood pressure measurement).

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## SUCCESS STORIES

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“RESPeRATE did wonders for my blood pressure. My blood pressure dropped down to an amazing 122/74, something neither the medication nor the exercise had been able to do alone.”

Paula Carney, Chicago, Illinois

“RESPeRATE’s impact upon my life and health has been amazing. I found that the breathing exercises lowered my blood pressure almost from the start. Thanks to your product, I no longer have to fear the blood pressure cuff. I now can enjoy the security of knowing that, day after day, my blood pressure is safe and steady.”

Vinton McCabe, Easton, Connecticut

“My doctor is enthusiastic over my blood pressure reading since I’ve started RESPeRATE, and has recommended it to several of his patients. It enabled me to be proactive about my blood pressure.”

J.P., Ph.D., Pittsburgh, Pennsylvania

**For more information, visit**

[www.resperate.com](http://www.resperate.com)

**or call us at 1-877-988-9388.**

Please Note: RESPeRATE should only be used as a part of an overall health program for achieving goal blood pressure, as recommended by a doctor. RESPeRATE can be safely used in conjunction with medications and lifestyle modifications such as diet and exercise.

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# TAKE CONTROL Log Book

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**RESPeRATE**  
TO LOWER  
BLOOD PRESSURE

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## 100% SATISFACTION GUARANTEE

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Your complete satisfaction is our ultimate goal. You may return RESPeRATE for a full credit or refund within 30 days of receipt. RESPeRATE should be in new condition with original packaging and accessories.

