



Last Name: Zhang Age: 54 Sex: Male

First Date of Use 12/06/15 Device: v5

SAVE THIS DOCUMENT EACH TIME YOU UPDATE IT

Day 0 On a Scale of 1 -10 (10=BEST)

Prior to EarthPulse™ I'm sleeping 3

My Energy Level is 6

My Physical Performance Level is 6

My Mental Performance Level is 6

My Resting-Breath-Hold (RBH) is (in seconds) 110 Saturated blood oxygen if known %

If known Sleep Apnea, rate it (10=Worst) If pain please describe area(s) /types(s)

My Pain Level is (10=Worst)

Do you take thyroid supplements or drugs? Yes

If Yes, Then please describe Iodine

I usually awake to urinate these many times per night 3

My Body Weight is lbs 71 kgs

Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst)

Issue 1 Severity

Issue 2 Severity

Issue 3 Severity

Write in 4 different resistance or training movements. Write your current performance level in reps &/or resistance; or event length and speed or best combination that fits. (If this doesn't apply to you, leave blank.) If you play Golf, please add comment.

Comments

Save and close this document and come back on Day 7

## Day 7

Day 7 on EarthPulse™ I'm sleeping

Program-mode used for sleep

Write in Primary use frequency(ies)  Amplitude setting used for sleep

My Energy Level is

My Physical Performance Level is

My Mental Performance Level is

My Resting-Breath-Hold (RBH) is (in seconds)

Saturated blood oxygen if known  %

If known Sleep Apnea, rate it (10=Worst)

My Pain Level is (10=Worst)

If pain please describe area(s)/ types(s)

I usually awake to urinate these many times per night

My Body Weight is  lbs  kgs

Do you take thyroid supplements or drugs?

If Yes, Then please describe

Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst)

Issue 1  Severity

Issue 2  Severity

Issue 3  Severity

Write in 4 different resistance or training movements in the space provided, write your current performance level in reps &/or resistance; or event length and speed or best combination that fits (if this doesn't apply, leave blank.) If you play Golf, please add comment.

Resting Breath Hold (RBH) almost never fails to improve during first week. If RBH did fail to improve (or got worse which is even more rare), please re-read your RBH test instructions (in the the Important-Read-Me-First document. Usually a reduction can be tracked to a failure to oxygen load consistently with the past RBH test, or taking under cooler ambient temperature.

Comments: Please write as much as you would like in the space below. PARTICULARLY HELPFUL WOULD BE YOUR COMMENTS ON ANY CHANGES IN NUTRITIONAL SUPPLEMENTATION OR MEDICATION DURING THE TIME OF YOUR 90 DAY TRIAL.

Comments from Day 7

Save and close this document and come back on Day 14

## Day 14

Day 14 on EarthPulse™ I'm sleeping

Program-mode used for sleep

Write in Primary use frequency(ies)  Amplitude setting used for sleep

My Energy Level is

My Physical Performance Level is

My Mental Performance Level is

My Resting-Breath-Hold (RBH) is (in seconds)

Saturated blood oxygen if known  %

If known Sleep Apnea, rate it (10=Worst)

My Pain Level is (10=Worst)

If pain please describe area(s)/ types(s)

I usually awake to urinate these many times per night

My Body Weight is  lbs  kgs

Do you take thyroid supplements or drugs?

If Yes, Then please describe

Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst)

Issue 1  Severity

Issue 2  Severity

Issue 3  Severity

Write in 4 different resistance or training movements in the space provided, write your current performance level in reps &/or resistance; or event length and speed or best combination that fits (if this doesn't apply, leave blank.) If you play Golf, please add comment.

Please use the device nightly during the first 90-day period to maximize statistical probability and level of success. Please make sure you oxygen load properly to make your RBH as accurate as possible.

Comments from Day 14

Save and close this document and come back on Day 21

## Day 21

Day 21 on EarthPulse™ I'm sleeping

Program-mode used for sleep

Write in Primary use frequency(ies)  Amplitude setting used for sleep

My Energy Level is

My Physical Performance Level is

My Mental Performance Level is

My Resting-Breath-Hold (RBH) is (in seconds)

Saturated blood oxygen if known  %

If known Sleep Apnea, rate it (10=Worst)

My Pain Level is (10=Worst)

If pain please describe area(s)/ types(s)

I usually awake to urinate these many times per night

My Body Weight is  lbs  kgs

Do you take thyroid supplements or drugs?

If Yes, Then please describe

Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst)

Issue 1  Severity

Issue 2  Severity

Issue 3  Severity

Write in 4 different resistance or training movements in the space provided, write your current performance level in reps &/or resistance; or event length and speed or best combination that fits (if this doesn't apply, leave blank.) If you play Golf, please add comment.

Comments from Day 21:  
(Also tell us if ANY CHANGES MADE TO SUPPLEMENTS OR MEDICATIONS)

Save and close this document and come back on Day 28

## Day 28

Day 28 on EarthPulse™ I'm sleeping

Program-mode used for sleep

Write in Primary use frequency(ies)  Amplitude setting used for sleep

My Energy Level is

My Physical Performance Level is

My Mental Performance Level is

My Resting-Breath-Hold (RBH) is (in seconds)

Saturated blood oxygen if known  %

If known Sleep Apnea, rate it (10=Worst)

My Pain Level is (10=Worst)

If pain please describe area(s)/ types(s)

I usually awake to urinate these many times per night

My Body Weight is  lbs  kgs

Do you take thyroid supplements or drugs?

If Yes, Then please describe

Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst)

Issue 1  Severity

Issue 2  Severity

Issue 3  Severity

Write in 4 different resistance or training movements in the space provided, write your current performance level in reps &/or resistance; or event length and speed or best combination that fits (if this doesn't apply, leave blank.) If you play Golf, please add comment.

Comments from Day 28:  
(Please use the device nightly during the first 90-day period to maximise statistical probability and level of success.)

Save and close this document and come back on Day 60

## Day 60

Day 60 on EarthPulse™ I'm sleeping

Program-mode used for sleep

Write in Primary use frequency(ies)  Amplitude setting used for sleep

My Energy Level is

My Physical Performance Level is

My Mental Performance Level is

My Resting-Breath-Hold (RBH) is (in seconds)

Saturated blood oxygen if known  %

If known Sleep Apnea, rate it (10=Worst)

My Pain Level is (10=Worst)

If pain please describe area(s)/ types(s)

I usually awake to urinate these many times per night

My Body Weight is  lbs  kgs

Do you take thyroid supplements or drugs?

If Yes, Then please describe

Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst)

Issue 1  Severity

Issue 2  Severity

Issue 3  Severity

Write in 4 different resistance or training movements in the space provided, write your current performance level in reps &/or resistance; or event length and speed or best combination that fits (if this doesn't apply, leave blank.) If you play Golf, please add comment.

Comments from Day 60

Save and close this document and come back on Day 90

## Day 90

Day 90 on EarthPulse™ I'm sleeping

Program-mode used for sleep

Write in Primary use frequency(ies)  Amplitude setting used for sleep

My Energy Level is

My Physical Performance Level is

My Mental Performance Level is

My Resting-Breath-Hold (RBH) is (in seconds)

Saturated blood oxygen if known  %

If known Sleep Apnea, rate it

(10=Worst)

My Pain Level is (10=Worst)

If pain please describe area(s)/ types(s)

I usually awake to urinate these many times per night

My Body Weight is  lbs  kgs

Do you take thyroid supplements or drugs?

If Yes, Then please describe

Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst)

Issue 1  Severity

Issue 2  Severity

Issue 3  Severity

Write in 4 different resistance or training movements in the space provided, write your current performance level in reps &/or resistance; or event length and speed or best combination that fits (if this doesn't apply leave blank.) If you play Golf, please add comment.

Any comments you would like to give on your 90-days trial period please do so

Now if you'd like to loan your earthpulse out, to a friend to try, please do so

Please write as much as you would like here, then submit your feedback to us. Thank you and be well.