

Last Name: Holubitsky	Age: 53 Sex: M.
First Date of Use 3-8-16 Device:	
SAVE THIS DOCUM	ENT EACH TIME YOU UPDATE IT
Day 0	On a Scale of 1 -10 (10=BEST)
Prior to EarthPulse™ I'm sleeping  My Energy Level is	9
My Physical Performance Level is 7	
My Mental Performance Level is 7	1 1 100 100 100 100 100 100 100 100 100
My Resting-Breath-Hold (RBH) is (in secon	nds) /5 Saturated blood oxygen if known 98. %
If known Sleep Apnea, rate it (10=Worst)	If pain please describe
My Pain Level is (10=Worst)	area(s) /types(s)

if yes, ir	nen please describe Armour
l usually	awake to urinate these many times per night $2 \times$
My Bod	y Weight is 175 lbs kgs
Describe	up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Wo
Issue 1	late day focus V Severity 7
Issue 2	E/ev. 7. P 188/90 Severity 3
Issue 3	Severity
Write in Write yo resistan combina	A different resistance or training movements.  Our current performance level in reps &/or ce; or event length and speed or best ation that fits. (If this doesn't apply to you, ank.) If you play Golf, please add comment.

1	Day 7		Describe up to 3 pre-existir	ig issues if any (other
	Day /	1	Issue 1 /ate o	lay facus
	Day 7 on EarthPulse™I'm sleeping			
	Program-mode used for sleep Recover		Issue 2	13.P
	Write in Primary use frequency(ies)  Amplitude setting used for sleep	7	Issue 3	
	My Energy Level is 8		Write in 4 different resistar	nce or training mov
	My Physical Performance Level is		the space provided, write	
	My Mental Performance Level is		in reps &/or resistance; or combination that fits (if th	
	My Resting-Breath-Hold (RBH) is (in seconds)		you play Golf, please add	comment.
	Saturated blood oxygen if known 98 %	R	Resting Breath Hold (RBH) a or got worse which is ev	almost never fails to en more rare), ple
	If known Sleep Apnea, rate it(10=Worst)	Ir	mportant-Read-Me-First de consistently with the p	ocument. Usually a
	My Pain Level is (10=Worst)		Comments: Please write as	
	If pain please describe area(s)/ types(s)  Foot	7 v	WOULD BE YOUR COMM MEDICATION DURING THE	MENTS ON ANY C
	I usually awake to urinate these many times per night			
	My Body Weight is 172 lbs kgs		Comments from Day 7	
	Do you take thyroid supplements or drugs?			
	If Yes, Then please describe Armour 30 mg		Save and o	close this docume

Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=worst)
Issue 1 late day focus Severity 6
Issue 2 Severity 3
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

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 Record	
Write in Primary use frequency(ies) 9.6/3./ 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 6	
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 1-2.	
My Body Weight is 1754 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 Elev. BP.	Severity 3	
Issue 2 Late Day Facus.	Severity S	
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.	Biking / Running 7 hrs.	

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 Sleep has declined slightly vs. lasturet

Save and close this document and come back on Day 21

Day 21	Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst)
Day 21 on EarthPulse™I'm sleeping	Issue 1 Elev 13P. Severity 5
Program-mode used for sleep 3.1 /9.6 Skep 4, Recover-	Issue 2 Severity
Write in Primary use frequency(ies) 3.1 Amplitude setting used for sleep	Issue 3 Severity
My Energy Level is <b>Q-9</b>	
My Physical Performance Level is 8-9	Write in 4 different resistance or training movements in the space provided, write your Biking / Running
My Mental Performance Level is Q9	movements in the space provided, write your current performance level in reps &/or resistance; or event length and speed or best
My Resting-Breath-Hold (RBH) is (in seconds)	combination that his the this doesn't apply,
Saturated blood oxygen if known	leave blank.) If you play Golf, please add comment.
If known Sleep Apnea, rate it (10=Worst)	
My Pain Level is (10=Worst)	Comments from Day 21:  Thinking this unit
If pain please describe area(s)/ types(s)	Day 21: (Also tell us if ANY CHANGES MADE TO SUPPLEMENTS OR MEDICATIONS)  Thinking this unit is really working!
I usually awake to urinate these many times per night	
My Body Weight is 172 lbs kgs	
Do you take thyroid supplements or drugs?	
If Yes, Then please describe  Arnour 30mg.	Save and close this document and come back on Day 28

Day 28	Describe up to 3 p
Day 28 on EarthPulse™ I'm sleeping	Issue 1
Program-mode used for sleep Seep 4  Write in Primary use frequency(ies) 3./ Amplitude setting used for sleep	Issue 2
My Energy Level is 9	Issue 3
My Physical Performance Level is	Write in 4 differe
My Mental Performance Level is	movements in t
My Resting-Breath-Hold (RBH) is (in seconds)	resistance; or eve
Saturated blood oxygen if known 98 %	combination tha leave blank.) If yo
If known Sleep Apnea, rate it (10=Worst)	comment.
My Pain Level is (10=Worst)	Comments from
If pain please describe area(s)/ types(s)  N/A	Day 28: (Please use the c first 90-day perio probability and
I usually awake to urinate these many times per night	productine, and
My Body Weight is 174 lbs kgs	
Do you take thyroid supplements or drugs?	
If Yes, Then please describe Armour 30ng/daily	Sa

Describe up to 3 pre-existing issues if any (	other than thyroid) and rate severity (10=Worst)
Issue 1 Eles. D.P	Severity
Issue 2	Severity
Issue 3	Severity
Write in 4 different resistance or training movements in the space provided, write current performance level in reps &/or resistance; or event length and speed or b combination that fits (if this doesn't apply, leave blank.) If you play Golf, please add comment.	est Swinning
Comments from Day 28: (Please use the device nightly during the first 90-day period to maximise statistical probability and level of success.)	place!

Save and close this document and come back on Day  $60\,$ 

Day 60	Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst)
Day 60 on EarthPulse™ I'm sleeping	Issue 1 Elev. B.P. Severity 5
Program-mode used for sleep	Issue 2 Severity
Write in Primary use frequency(ies) ./ Amplitude setting used for sleep	Severity
My Energy Level is	Issue 3
My Physical Performance Level is	Write in 4 different resistance or training
My Mental Performance Level is	movements in the space provided, write your current performance level in reps &/or resistance; or event length and speed or best 3 days.
My Resting-Breath-Hold (RBH) is (in seconds)	resistance; or event length and speed or best combination that fits (if this doesn't apply,
Saturated blood oxygen if known 98 %	leave blank.) If you play Golf, please add
If known Sleep Apnea, rate it (10=Worst)	comment.
My Pain Level is (10=Worst)	- A 1 4 .
If pain please describe area(s)/ types(s)	Comments from On Vacation. Didn't take
I usually awake to urinate these many times per night	Comments from Day 60 unit 3 clays. Missed it!
My Body Weight is 123 lbs kgs	
Do you take thyroid supplements or drugs?	
If Yes, Then please describe Armour.	Save and close this document and come back on Day 90

	Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst)
	Describe up to 3 p. 1
Day 90	Issue 1 Slev 3.P.
Day 90 on EarthPulse™ I'm sleeping 9/10	
Program-mode used for sleep Recover.  Amplitude setting used for sleep	Issue 2 Severity
Write in Primary use frequency(ies) 9. / Amplitude setting uses re-	Issue 3
My Energy Level is 8-10	Write in 4 different resistance or training  Nike / Run/
My Physical Performance Level is 8-10	memonts in the space provided, write you
My Mental Performance Level is	current performance level in reps &/or resistance; or event length and speed or best  T-10 hrs/wt.
My Resting-Breath-Hold (RBH) is (in seconds)	combination that fits (if this doesn't apply leave blank.) If you play Golf, please add comment.
Saturated blood oxygen if known 9%	blank.) If you play Goil, please and
If known Sleep Apnea, rate it	Any comments you Very Pleased w/ + his oction
(10=Worst) My Pain Level is (10=Worst)	Any comments you would like to give on your 90-days trial period please do so  Any comments you Recomments you would like to give on your 90-days trial period please do so
	period please do so
If pain please describe area(s)/ types(s)	Now if you'd like to loan your earthpulse out, to a friend to try, please do so
the same pight	
I usually awake to urinate these many times per night	
My Body Weight is 17 lbs kgs	
Do you take thyroid supplements or drugs?	
If Yes, Then please describe	