



	1	2	3	4	5	6	7	8	9	10
<b>Day 90 on EarthPulse™ I'm sleeping</b>	( )	( )	( )	(x)	( )	( )	( )	( )	( )	( )
My energy level is	( )	( )	( )	(x)	( )	( )	( )	( )	( )	( )
My physical performance level is	( )	( )	( )	(x)	( )	( )	( )	( )	( )	( )
My mental performance level is	( )	( )	( )	(x)	( )	( )	( )	( )	( )	( )
My resting-breath-hold (RBH) is	In seconds: 60 secs									
My pain level is (10 = worst)	( )	( )	( )	( )	( )	( )	( )	(x)	( )	( )
My body-weight is	_____136_____ lbs. or _____ kgs.									
(Men) I usually wake to urinate	_____ many times per night									

NOW,... IF YOU'D LIKE TO LOAN YOUR EARTHPULSE OUT, PLEASE DO SO!

Thank you and be well.

**Comments:** Please write as much as you would like here, then return to email below.

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	1	2	3	4	5	6	7	8	9	10
<b>Day 28 on EarthPulse™ I'm sleeping</b>	( )	( )	( )	( )	( )	( )	( )	(x)	( )	( )
My energy level is	( )	( )	( )	( )	( )	(x)	( )	( )	( )	( )
My physical performance level is	( )	( )	( )	( )	( )	(x)	( )	( )	( )	( )
My mental performance level is	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My resting-breath-hold (RBH) is	In seconds: 30									
My pain level is (10 = worst)	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My body-weight is	___140___ lbs. or _____ kgs.									
(Men) I usually wake to urinate	_____ many times per night									

**Comments:** Please write as much as you would like here. Please use the device nightly during the first 90-day period to maximize statistical probability and level of success. Thank you!

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Had a cold this week. Noticed better physical performance when I worked out I felt stronger.

	1	2	3	4	5	6	7	8	9	10
<b>Day 60 on EarthPulse™ I'm sleeping</b>	( )	( )	( )	( )	( )	(x)	( )	( )	( )	( )
My energy level is	( )	( )	(x)	( )	( )	( )	( )	( )	( )	( )
My physical performance level is	( )	( )	( )	( )	(x)	( )	( )	( )	( )	( )
My mental performance level is	( )	( )	( )	( )	(x)	( )	( )	( )	( )	( )
My resting-breath-hold (RBH) is	In seconds:									
My pain level is (10 = worst)	( )	( )	( )	( )	( )	( )	( )	(x)	( )	( )
My body-weight is	___142___ lbs. or _____ kgs.									
(Men) I usually wake to urinate	_____ many times per night									

**Comments:** Please write as much as you would like here. Please use the device nightly during the first 90-day period (don't loan it out!) to maximize statistical probability and level of success. Thank you!

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Been off of my work out; ran out of medicine...feeling really run down. HSV outbreak. Back on my meds and B vits later this week...starting to feel some relief.



	1	2	3	4	5	6	7	8	9	10
<b>Day 14 on EarthPulse™ I'm sleeping</b>	( )	( )	( )	( )	( )	( )	( )	(x)	( )	( )
My energy level is	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My physical performance level is	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My mental performance level is	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My resting-breath-hold (RBH) is	In seconds: 35									
My pain level is (10 = worst)	( )	( )	( )	( )	( )	( )	( )	(x)	( )	( )
My body-weight is	___137___ lbs. or _____ kgs.									
(Men) I usually wake to urinate	_____ many times per night									

**Comments:** Please write as much as you would like here. 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.

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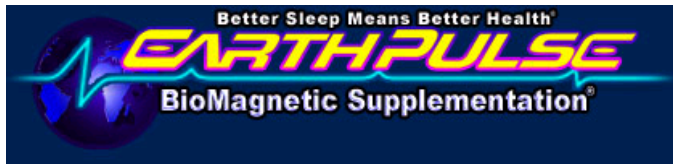
Had a cold this week, still getting over it. Muscle aches & head congestion. Been mentally "out of it" a couple of mornings. Still on pain meds, hoping I can lessen/quit once the cold is over. Can feel blood "rushing" into muscles when I strength train.

	1	2	3	4	5	6	7	8	9	10
<b>Day 21 on EarthPulse™ I'm sleeping</b>	( )	( )	( )	( )	( )	( )	( )	(x)	( )	( )
My energy level is	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My physical performance level is	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My mental performance level is	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My resting-breath-hold (RBH) is	In seconds: 30									
My pain level is (10 = worst)	( )	( )	( )	( )	( )	( )	( )	(x)	( )	( )
My body-weight is	___140___ lbs. or _____ kgs.									
(Men) I usually wake to urinate	_____ many times per night									

**Comments:** Please use the device nightly during the first 90-day period to maximize statistical probability and level of success.

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Had a stomach virus this week...lots of heartburn & gas. Had my cycle...more cramping & moodiness than normal, seemed to last longer. Not pleased with pain level this week, a couple of days were rough.



## FEEDBACK FORM

LAST NAME:....SMALLS.....AGE: ...37....PURCHASE DATE: 1/1/10, started using 1/14/10...

**IF DEVICE FAILS TO PRODUCE SATISFACTORY RESULTS, PLEASE RETURN THIS FORM COMPLETED 30-90 DAYS TO RECEIVE RETURN-AUTHORIZATION AND YOUR RETURNS INSTRUCTIONS (DEPENDING UPON YOUR LOCATION).**

**RE-SAVE THIS DOCUMENT EACH TIME YOU UPDATE IT**

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

Base-Line	1	2	3	4	5	6	7	8	9	10
<b>Prior to EarthPulse™ I'm sleeping</b>	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My energy level is	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My physical performance level is	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My mental performance level is	( )	( )	( )	( )	( )	( )	( )	(x)	( )	( )
My resting-breath-hold (RBH) is	In seconds: 30									
My pain level is (10=worst)	( )	( )	( )	( )	( )	( )	( )	(x)	( )	( )
My body-weight is	___140___ lbs. or _____ kgs.									
(Men) I usually wake to urinate	_____ many times per night									

	1	2	3	4	5	6	7	8	9	10
<b>Day 7 on EarthPulse™ I'm sleeping</b>	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My energy level is	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My physical performance level is	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My mental performance level is	( )	( )	( )	( )	( )	( )	(x)	( )	( )	( )
My resting-breath-hold (RBH) is	In seconds: 35									
My pain level is (10 = worst)	( )	( )	( )	( )	( )	( )	( )	(x)	( )	( )
My body-weight is	___137___ lbs. or _____ kgs.									
(Men) I usually wake to urinate	_____ many times per night									

**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 same email this document was attached to. Usually a reduction can be tracked to a failure to oxygen load consistently with the past RBH test, or taking under different conditions.

**Comments:** Please write as much as you would like in the space below. The page will continue down as necessary. Please use the device nightly during the first 90-day period (don't loan it out!!!) to maximize your statistical probability and level of success. Call for technical support if you have any questions. Contact numbers are at end of this document. Thank you!

Had to eat a couple of times during the night...my appetite has increased probably due to increased metabolism. I am waking around 3pm with trouble going back to sleep; had to use Sleep 4 a few times to go back to sleep. Dreams more vivid.