

# Deep Breathing Exercise

This exercise focuses on the duration of your exhalation.

Steps 1: give out a quick sigh/exhale Step 2: slowly inhale into your belly Step 3: hold Step 4: exhale completely (slower and longer)

Use your timer to record the duration of each breath cycle.

Use this sheet to record how often you hydrate your body.

Date

Activity	Started	Completed	Duration	Analysis