

# 4 7 8 practice tracker

Track short 4 7 8 breathing practice sessions over two weeks.

## 14 day tracker

Day | Completed | Notes

1 | %i |

2 | %i |

3 | %i |

4 | %i |

5 | %i |

6 | %i |

7 | %i |

## Breathing reminder

1. Inhale 4
2. Hold 7
3. Exhale 8
4. Repeat 4 cycles