

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