Pulse Reference Table (15 second count on the left)

10-40	11-44	12-48	13-52	14-56	15 -60	16-64	17-68	18-72	19-76
20-80	21-84	22-88	23-92	24-96	25-100	26-104	27-108	28-112	29-116

Date	Pulse Before	Pulse After	Trigger	Healthy Activity	Notes

Summary:

1. Identify or imagine a Trigger, and observe physiological response in your body.
2. Measure Pulse for 15 seconds, and multiply by 4, record the pulse.
3. Do ten 10-count breathing exercises.
4. Review Personal Statements, Feel the positive response in your soul.
5. Measure pulse again and note the difference.
6. Immediately follow up with a Healthy Activity, preferably get out of the house.