**Please download this document and save to your computer. The purpose of completing your case studies is to gain experience teaching Functional Breathing to clients. Please feel free to write as much as you like. You may work with existing clients, friends or family.**

**Please complete two case studies using the template below and email to** [**certify@oxygenadvantage.com**](mailto:certify@oxygenadvantage.com)

**Case 1**

Gender of Client: M\_\_\_ / F\_\_\_ Age: \_\_\_\_\_

Current Health:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 1

|  |  |
| --- | --- |
| Details of exercises, progress, setbacks: | |
| Tape worn: | BOLT |

Week 2

|  |  |
| --- | --- |
| Details of exercises, progress, setbacks: | |
| Tape worn: | BOLT |

Week 3

|  |  |
| --- | --- |
| Details of exercises, progress, setbacks: | |
| Tape worn: | BOLT |

Any other notes:

**Case 2**

Gender of Client: M\_\_\_ / F\_\_\_ Age: \_\_\_\_\_

**Case 2**

Gender of Client: M\_\_\_ / F\_\_\_ Age: \_\_\_\_\_

Current Health:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 1

|  |  |
| --- | --- |
| Details of exercises, progress, setbacks: | |
| Tape worn: | BOLT |

Week 2

|  |  |
| --- | --- |
| Details of exercises, progress, setbacks: | |
| Tape worn: | BOLT |

Week 3

|  |  |
| --- | --- |
| Details of exercises, progress, setbacks: | |
| Tape worn: | BOLT |

Any other notes: