

Save Your Life

With Dr. Ross's 12 *Stress Breakthroughs* in
Weight Loss and Miracle Healing Course



Endurance *Breakthrough* Report

Today's Date:
Day of 84
Aerobic Workout

Planned Start Time:
Planned End Time:
Complete In: 20 minutes

Actual Start Time:
Actual End Time:
Total Time:

Aerobic Exercise
Break-Through
Break-Through
Break-Through

Planned	
Minute by Minute	Intensity Level
1	4
2	5
3	6
4	7
5	8
6	9
7	10
8	5
9	6
10	7
11	8
12	9
13	10
14	5
15	6
16	7
17	8
18	9
19	10
20	5

Actual	
Minute by Minute	Intensity Level
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

Notes:

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