

DAILY VAGUS NERVE STIMULATION ACTIVITIES (Do 2 activities a day for 14 days)

Activity Choices	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Sing or Hum					0		,							
Gargle														
Diaphragmatic Breathing														
Valsalva Maneuver														
Gag														
Cold Exposure														
Exercise														
Meditation														



DAILY Nutrition and Exer	rcise Journal		
Name:	Day:	Date:	
NUTRITION			
Time	Food Type and Amount	Liquid Type and Amount	Supplement & Medication Type and Amount



EXERCISE						
Type of Activity		Length of Activity		Pain Before or After Exercise? Describe		
DAILY Nutrition and Exe	rcise Jou	rnal				
Name:		Day:	Date:_			
NUTRITION						
Time Food Typ		oe and Amount	Liquid Type and Amount		Supplement & Medication Type and Amount	
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EXERCISE

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				Type and Amount	

EXERCISE



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