



# Breath Health Checklist

## What Your Breath Says About Your Health

Use this checklist to reflect on your breathing habits and uncover areas where you can improve your breath health. Place a checkmark next to any statements that resonate with you.

I often breathe through my mouth instead of my nose, even when at rest.	
My breathing feels shallow or primarily happens in my chest.	
I hold my breath or notice irregular breathing when I'm concentrating or stressed.	
I frequently sigh or yawn, even when I'm not tired.	
I experience shortness of breath during light activities or at rest.	
My sleep is disrupted by snoring, gasping, or waking up feeling unrefreshed.	
I often feel fatigued, low on energy, or foggy throughout the day.	
I experience tightness in my chest, shoulders, or neck when I'm stressed.	
I've been told that I breathe noisily or heavily during normal activities.	
I find it difficult to slow down my breathing when I'm upset or anxious.	

See the next page for your results!



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## What Your Results Mean:

1-3

Your breathing habits are fairly normal but could be better, small adjustments could enhance your energy and mood.

4-6

Your breath health may be impacting your daily life. Learning breathwork techniques could help you feel more balanced and energised.

7+

It's time to take action! Developing a consistent breathwork practice can significantly improve your well-being.

Curious about how to improve your breathing habits? Join the Fix Your Breathing Course to learn practical tools that transform your energy, focus, and health.