

# Remember to Breathe 123™

## Hourly Beeping Watch (Alarm/Chime)

For Breathe 123™ purposes, what you want is a watch that will chime or beep every hour as a reminder to Breathe 123™. Most of the sport watches will do that.

These are just suggested samples from Timex®. They have a full spectrum range of pricing from \$20 on up on their website [www.Timex.com](http://www.Timex.com). Tools and resources for remembering to Breathe 123™ can be very affordable.

No excuses allowed. *Take this instruction sheet with you and go get one today!*



## 1440 Sports®

Price: US \$25.00\*

Product Code: T5G8419J

[www.Timex.com](http://www.Timex.com)

## 1440 Sports® Informer®

Price: US \$20.00\*

Product Code: T5B9419J

[www.Timex.com](http://www.Timex.com)



\* Based on information available at time of publication.