



MIND & BODY CONNECTION (MBC)

Name: _____ Passcodes: _____

| | GOAL: Some Steps Are For Daily Lifestyle Practice; Others Used As Needed | Coach Date ↓ | Coach Date (ctd) | Before Coach Date | COMMENTS | BRANDS | Plan Date | Date Set |
|----|---|-----------------|------------------|-------------------|----------|--------|-----------|----------|
| 1 | Sleep Hrs, <input type="checkbox"/> _____ Env S/L <input type="checkbox"/> | | | | | | | |
| 2 | Mattress/Chairs - N/S/E/W <input type="checkbox"/> Mirrors <input type="checkbox"/> | | | | | | | |
| 3 | Target Heart Rate <input type="checkbox"/> Lung Capacity <input type="checkbox"/> | | | | | | | |
| 4 | Exercise – <input type="checkbox"/> Aerobic <input type="checkbox"/> An-aerobic | | | | | | | |
| 5 | Anti-Gravity <input type="checkbox"/> RBd Int Massage | | | | | | | |
| 6 | Basal Metabolism - Thy | | | | | | | |
| 7 | pH Balancing - Anti-Cr C.L. <input type="checkbox"/> Aloe <input type="checkbox"/> | | | | | | | |
| 8 | Microbial Appliance <input type="checkbox"/> ParaArt <input type="checkbox"/> FBD-30D | | | | | | | |
| 9 | Manual (0-10) <input type="checkbox"/> E <input type="checkbox"/> H <input type="checkbox"/> F / <input type="checkbox"/> Electro-Reflex | | | | | | | |
| 10 | Organ / Gland Time Schedule | | | | | | | |
| 11 | Energy Meridians <input type="checkbox"/> TenderSpots <input type="checkbox"/> ReflexTx | | | | | | | |
| 12 | Spine – O/G Charts <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 | | | | | | | |
| 13 | Gravity Decompression – Inv Tble | | | | | | | |
| 14 | Adjustment <input type="checkbox"/> Pelvic <input type="checkbox"/> Spinal <input type="checkbox"/> Shoulder <input type="checkbox"/> Orthotics | | | | | | | |
| 15 | Emotions Defined <input type="checkbox"/> Pa <input type="checkbox"/> Pl | | | | | | | |
| 16 | MeAN Symptoms <input type="checkbox"/> Worksheet <input type="checkbox"/> Charts | | | | | | | |
| 17 | MeAN Issues <input type="checkbox"/> Worksheet <input type="checkbox"/> Charts | | | | | | | |
| 18 | Eye Dials- <input type="checkbox"/> V <input type="checkbox"/> A <input type="checkbox"/> K <input type="checkbox"/> Predicate W/P | | | | | | | |
| 19 | Eye Care – <input type="checkbox"/> EW <input type="checkbox"/> Glasses <input type="checkbox"/> Iridology | | | | | | | |
| 20 | Brain Dominance <input type="checkbox"/> Left <input type="checkbox"/> Right | | | | | | | |
| 21 | Six Human Needs | | | | | | | |
| 22 | Love Language <input type="checkbox"/> Self <input type="checkbox"/> Other | | | | | | | |
| 23 | Power Talking #1 and #2 <input type="checkbox"/> Precision Model | | | | | | | |
| 24 | Spiritual Development <input type="checkbox"/> Ah <input type="checkbox"/> Tear | | | | | | | |
| 25 | Be/Do/Have Form and Instructions | | | | | | | |
| 26 | Power Life/Death-Attraction-Prayer/Med | | | | | | | |
| 27 | Priority Task Model/ First Things First | | | | | | | |
| 28 | Sunlight – Moonlight <input type="checkbox"/> Gems | | | | | | | |
| 29 | Mental Health <input type="checkbox"/> Madness <input type="checkbox"/> NET | | | | | | | |
| 30 | Physical Self-Examination | | | | | | | |
| | Number of Steps (59) Established | | | | | | | |