

PROGRESS CHART:

Using muscle testing, track your overall wellness on this Progress Chart. Benefits are optimized over time and may vary from person to person. Fill in the “Before” column a day or two before the Webinar Series starts, and then in one-week increments after that, and compare scores. Feel free to make copies if you would like to track your overall wellness further than 12 weeks.

Rate from 0 to 100 percent (as in “100% free from pain,” etc.).

	Before	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Free from Pain													
Energy Level													
Muscle Comfort													
Relaxation													
Sleep Quality													
Mental Focus													
Joint Comfort													
Structural Integrity													
% of Thoughts, Emotions, and Experiences Going Strong													
(Other)													
(Other)													