

## “Connecting to Wellness” Cheat Sheet Companion Form

Category	Activity	SLEEP	Daily	Companion Form
Nervous System	Before sleep (if not before after)	Meditation (CD or self)	7 to 30 minutes	<b>Christ Audio User Manual</b>
Nervous System		Journal/Prayer/Affirmation	7 to 30 minutes	<b>Transformation Journal for Connected to Wellness</b>
Nervous System		Bible	7 to 30 minutes	<b>Read the Bible in a Year-Chronological</b>
Posture	Sleep	Orthotic Pillow (if needed)	6 to 8 hours	
		Meal(s)	<i>Daily with one day off a week</i>	
Nutritional	Ideal BMI/Calorie/Meal Ratio Meal without Activity (lose Weight) <hr/> Ideal BMI/Calorie/Meal Ratio Meal with Activity (Maintain Weight)	(No acidic or inflammatory foods)	15 to 45 minutes	<b>Adult Meal Tracking Sheet</b>  <b>Fasting Acid and Alkaline Food Chart Nutritional Recommendations Supplements and Chemical Irritants</b>
Nervous System	Prayer			
Nutritional	Supplements if needed			
		In between meals	<i>Daily</i>	
Nutritional	Protein drink or glycemcic drink		5 to 10 minutes	
Nervous System	Breathing exercise or meditation		2 to 20 minutes	
		Work/Home/etc.	<i>Daily</i>	
Feet-Arches	Orthotics for feet if needed		1 to 3 minutes	
Posture	Back supports for chair, etc. if needed		1 to 3 minutes	
Nutritional	Water bottle	6 to 8 glasses a day	1 to 3 minutes	
		Cardio Training	<i>(2 to 4 times a week)</i>	
Cardiovascular	aerobic	Starting intensity level to next level (using training sheets/Cardio club)	15 to 90 minutes	<b>Cardio Training Sheets</b>
		And/Or Combo		
Cardiovascular	anaerobic	Body for Life Training Sheet	20 minutes	<b>Body for Life Cardio</b>
		Or personal trainer or supervised gym		
		Strength Training	<i>(3 to 4 a week)</i>	
Strength	Bands or barbells	Starting minimal sets and reps and work up each week	20 to 40 minutes	<b>Rehab Exercise Sheet Weights Rehab Exercise Sheet Bands</b>
		And/Or Combo		
Strength	Or personal trainer or supervised gym			
		Flexibility	<i>(3 to 4 a week)</i>	
Flexibility	Intracell or massage device	Every body part for 20 to 40 passes	5 to 20 minutes	<b>Intracell page 1 and 2</b>
Flexibility	stretching	Start an minimum and work up to maximum or Yoga, personal trainer, supervised class, video	15 to 30 minutes	<b>Stretches Short Version</b>
Flexibility	massage	Massage therapist or spouse/parent/.spa	15 to 60 minutes	
		Chiropractic		
Nervous System	Chiropractic Adjustment	Doctor Recommendations <i>Weekly or Monthly</i>	10 to 30 minutes	