

# Back to Life Chiropractic • 4201 W Highway 146 • Lagrange, KY 40031

## Adult Checklist/Cheat Sheet

Activity	Wellness Category	Time	Daily/Weekly Checklist
	Nutrition		
Ideal BMI/Calorie/Meal Ratio Meal	(PH Correct foods)	<i>Daily with one day off a week (3 cheat meals)</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Supplements if needed	Supplements if needed	According to Balance Body Chem, PH, Zyto	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Protein drink or glycemic drink	Jay Robb or Ultrameal Shake	5 to 10 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water bottle	6 to 8 glasses a day (1/2 body weight in ounces)	1 to 3 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Cardiovascular	(2 to 4 times a week)	
aerobic	Starting intensity level to next level (using training sheets/Cardio club)	15 to 90 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
And/Or Combo			
anaerobic	HIIT Cardio	20 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Full Body Circuit Training (FB)</b>	<i>Or personal trainer or supervised gym</i>	<i>Crash Fitness Center</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Flexibility		
Intracell or massage device	Every body part for 20 to 40 passes	5 to 20 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
stretching	Start at minimum and work up to maximum or Yoga, personal trainer, supervised class, video	15 to 30 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
massage	Massage therapist or spouse/spa	15 to 60 minutes	<input type="checkbox"/>
	Strength	(3 to 4 a week)	
Bands or barbells	Starting minimal sets and reps and work up each week	20 to 40 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
And/Or Combo			
<b>Full Body Circuit Training (FB)</b>	<i>Or personal trainer or supervised gym</i>	36 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Posture		
Sleep	Orthotic Pillow (if needed)	6 to 8 hours (minimum 20 minutes)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Back supports for chair, heel lift, and etc. if needed	Back supports for chair, etc. (if needed)	1 to 3 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Wall Test & ADL		1 minute	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Synergy Exercises	Synergy Double Bands	15-20 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Nervous System-ANS		
Before sleep	Meditation (CD or self)	7 to 30 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Journal/Affirmation	7 to 30 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Read	7 to 30 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Heart Math Breathing	5-10 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Meridian	5-10 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Feet-Arches		
Orthotics for feet if needed		1 to 3 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	All Wellness Categories		
Chiropractic Adjustment	Doctor Recommendations <i>Weekly or Monthly</i>	10 to 30 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Week or <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Month

**Disclaimer:** Please check with your doctor before making changes to your diet and physical activities.