

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/M meal Ratio Meal	BMI/Innate Eating Questionnaire / Meal Tracking Sheets/PH	Daily with one day off a week (3 cheat meals)	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Supplements if needed	Balancing Body Chemistry/Zyto/PH/Nut.Rec./Chemical Irritants	Daily according to recommendations	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Protein drink or glycemic drink	Jay Robb or Ultrameal Shake	5 to 10 minutes	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Water bottle	Hydration Goal	1 to 3 minutes	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
	Cardiovascular	(2 to 4 times a week)	
aerobic	Starting intensity level to next level (using training sheets/Cardio club)	15 to 90 minutes	<div><div></div><div></div><div></div><div></div></div>
And / Or Combo			
anaerobic	MHR HIIT Calculation	20 minutes	<div><div></div><div></div><div></div><div></div></div>
Full Body Circuit Training (FB)	CFC FB Training Forms & Seconds app / gym / personal trainer	40 minutes	<div><div></div><div></div><div></div><div></div></div>
	Flexibility		
Intracell or massage device	Intracell Instructions	5 to 20 minutes	<div><div></div><div></div><div></div><div></div></div>
stretching	Stretches Short Version /Whole Body Stretches & Pro Seconds App Yoga, personal trainer, supervised class, video	15 to 30 minutes	<div><div></div><div></div><div></div><div></div></div>
massage	Massage therapist or spouse/spa	15 to 60 minutes	<div><div></div><div></div><div></div><div></div></div>
	Strength	(3 to 4 a week)	
Bands or barbells	Synergy Specific / Bands or Barbells workouts / Simple Workout	20 to 40 minutes	<div><div></div><div></div><div></div><div></div></div>
And/Or Combo			
CFC Full Body Circuit Training (FB)	CFC FB Training Forms & Seconds app / gym / personal trainer	40 minutes	<div><div></div><div></div><div></div><div></div></div>
	Posture		
Sleep	Orthotic Pillow (if needed) / Sleep Form / Mattress	6 to 8 hours (minimum 20 minutes)	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Back supports for chair, heel lift, and etc. if needed	Back supports for chair, etc. (if needed)	1 to 3 minutes	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Wall Test & ADL	Poor Posture Hurts & Good Posture Works	1 minute	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Synergy Exercises	Synergy Rehab/Double Bands/ball	15-20 minutes	<div><div></div><div></div><div></div><div></div></div>
	Nervous System-ANS		
Meditation	Meditation (guided or self)	7 to 30 minutes	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Journaling/Goals/Affirmations ANS Balancing	Back to Life Transformation Journal/Affirmations	7 to 30 minutes	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Reading Para-Sympathetic Balancing	Read	7 to 30 minutes	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Healthy Breathing & Thinking	Heart Math Breathing Coach	5-10 minutes	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Laser Acupuncture Coherence Balancing	Zyto Meridian / Laser Acupuncture / Meridian workouts	5-10 minutes	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
	Feet-Arches		
Orthotics for feet if needed	Foot Levelers Laser Scan	1 to 3 minutes	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
	All Wellness Categories		
Chiropractic Adjustment	Doctor Recommendations Weekly or Monthly	10 to 30 minutes	<div><div></div><div></div><div></div><div></div></div> Week or <div><div></div><div></div><div></div><div></div></div> Month

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

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Kid’s Checklist/Cheat Sheet

Activity	Wellness Category	Time	Daily/Weekly Checklist
	Nutrition		
Ideal BMI/Calorie/Meal Ratio Meal	BMI/Innate Eating Questionnaire / Meal Tracking Sheets/PH	Daily with one day off a week (3 cheat meals)	<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	Balancing Body Chemistry/Zyto/PH/Nut.Rec./Chemical Irritants	Daily according to recommendations	<input type="checkbox"/> <input type="checkbox"/> <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"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water bottle	Hydration Goal	1 to 3 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Cardiovascular	(Daily)	
aerobic	Age Appropriate Walking, jogging, biking, etc.	60 to 90 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
And/Or Combo			
anaerobic	Sports or High Intensity Activity	20 to 60 minutes (part of daily cardio)	(<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>)
Leave No One to Their Own Devices Challenge			
	Flexibility		
Intracell or massage device	Intracell Instructions	5 to 20 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
stretching	Stretches Short Version /Whole Body Stretches & Pro Seconds App Yoga, personal trainer, supervised class, video	15 to 30 minutes	<input type="checkbox"/> <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"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Strength	(3 to 4 a week)	
	Age Appropriate Gymnastics, pushups, climbing, etc	20 to 40 minutes (part of daily cardio)	(<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>)
Leave No One to Their Own Devices Challenge			
CFC Full Body Circuit Training (FB)	CFC FB Training Forms & Seconds app / gym / personal trainer	40 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Posture		
Sleep	Orthotic Pillow (if needed) / Sleep Form / Mattress	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"/> <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"/> <input type="checkbox"/> <input type="checkbox"/>
Wall Test & ADL	Poor Posture Hurts & Good Posture Works	1 minute	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Synergy Exercises	Synergy Rehab/Double Bands/ball	15-20 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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Journaling/Goals/Affirmations ANS Balancing	Back to Life Transformation Journal/Affirmations	7 to 30 minutes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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Laser Acupuncture Coherence Balancing	Zyto Meridian / Laser Acupuncture / Meridian workouts	5-10 minutes	<input type="checkbox"/> <input type="checkbox"/> <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	(5 years and up) Foot Scan	1 to 3 minutes	<input type="checkbox"/> <input type="checkbox"/> <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 Weekly or Monthly	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

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Download Adult and Kid’s Checklist / Cheat Sheet from Back to Life System on www.backtolifechiropraticky.com