

MUSCLE TESTING - LEVEL 1

SYLLABUS

Lesson	Keypoints	Date
Lesson 1	<ul style="list-style-type: none">• What is Muscle Testing?• How to Use a Pendulum• Getting Into Your Heart Center• Establishing Yes & No • Homework: Male or Female? Practice Sheet	TBA
Lesson 2	<ul style="list-style-type: none">• Heart Center Practice• Yes & No 20 Practice Questions • Homework: Yes & No 50 Practice Questions	TBA
Lesson 3	<ul style="list-style-type: none">• Establishing an Overall Score• Nutrition Evaluation • Homework: Check overall score on yourself 2x/day and text Michelle results• Overall Score + Nutrition Evaluation (10)	TBA
Lesson 4	<ul style="list-style-type: none">• Body Chart Breakdown• Placement of Patches • Homework: Check the priority for 10 names and write them on the Nutrition Evals	TBA
Lesson 5	<ul style="list-style-type: none">• Checking Multiple & Associated Priorities • Homework: On the Nutrition Eval, find all the priorities for the 10 names	TBA
Lesson 6	<ul style="list-style-type: none">• Bringing all Your New Skills Together with a Full Level 1 Evaluation	TBA