

Movement Intelligence [MI] Certification — Training Hours								2.14.14
Participants	Basic Program	Advanced Program †	BFL Segment I	Teacher Training ††	Certified TEACHER	BFL Segment II	Trainer Training †††	Certified TRAINER
Bones for Life								
Non-BFL Graduates	60 [90 Processes]	60 [90 Processes]		30 + 24 Mentoring + 36 Practice Teaching	210		30 + 20 Essay, Report, or Presentation ***	260
Walk for Life								
Non-BFL Graduates	48 [90 Processes]	48 [90 Processes]	20	24 + 10 Mentoring + 20 Practice Teaching	170	20	30+ 20 Essay, Report, or Presentation ***	240
BFL Basic Program Graduates *	48	48		"	150	20	"	220
BFL Teachers	48	48		24	120		"	170
BFL Trainers	48			24	72		"	122
Chairs								
Non-BFL Graduates	32 [60 Processes]	32 [60 Processes]	20	24 + 10 Mentoring + 20 Practice Teaching	138	20	30+ 20 Essay, Report, or Presentation ***	208
BFL Basic Program Graduates *	32	32		"	118	20	"	188
BFL Teachers	32	32		24	88		"	138
BFL Trainers	32			24	56		"	106
Mindful Eating								
Participants	Basic Program	MI Program		Mentor Training	Certified MENTOR			Certified TRAINER
Non-MI Graduates	36	20		12	68			
BFL Basic Program Graduates *	36			12	48			
BFL Teachers	36			12	48			
BFL Trainers	36			12	48			48
								MI Trainer
Movement Intelligence Solutions for Optimal Mobility †††								
Non-MI Graduates	72	20		24	116			
BFL/WFL/Chairs/ME Teacher	72			24	96			
BFL Trainer **	72			24	96			96
WFL/Chairs/ME Trainer	72			24	96			
MI Specialist ****	72			24	96			96
Senior Trainer *****	72			24	96			96

* BFL Basic Program Graduates have completed 60 hours training in the 90 processes

** BFL Trainers graduated prior to 2012 are grandfathered as having completed the MIS Program after submitting a 10~30 page paper *** to be archived and shared with colleagues online in the Members section of the FMI website and on the MovementIntelligence.com website

*** Written, audio and/or video

† Needs to be taken with a Certified Trainer, or Pioneer Trainer; in rare instances, can be completed with DVDs and extra Mentoring (with Trainer approval)

††† 2 Years Teaching (200 Hours)

**** Trainer in all Movement Intelligence programs

***** Senior Trainer has certified teachers, attended a 6 day STT & written Trainer essay