**TWO MONTH HEALING PROGRAM SCHEDULE**

for: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* **Weight:**\_\_\_\_\_\_\_lbs.
* **Height**:\_\_\_\_\_\_\_
* **Wrist:**\_\_\_\_\_in. small medium large
* **What should this person’s weight be?**\_\_\_\_\_\_ (See weight chart in 🡪 ‘Health Power’ pg. 169)
* **Mark down current weight and subtract what the weight should be:** \_\_\_\_\_\_ - \_\_\_\_\_\_ = \_\_\_\_\_\_\_

**Vital Signs:**

**BP:** \_\_\_\_\_\_\_\_ **T:**\_\_\_\_\_\_\_ **P:** \_\_\_\_\_\_\_ **R:**\_\_\_\_\_\_\_ **Pain:**\_\_\_\_\_\_\_ **BS:**\_\_\_\_\_\_\_ **O2:**\_\_\_\_\_\_\_

**Wake up:**\_\_\_\_\_\_\_\_ **Bedtime:**\_\_\_\_\_\_\_\_ **Total hours to drink water for the day:** \_\_\_\_\_\_\_

**WATER DRINKING CALCULATION:**

Normal Weight\_\_\_\_\_\_\_lbs./2=\_\_\_\_\_\_oz.

+Extra Weight\_\_\_\_\_\_lbs./4=:\_\_\_\_\_\_oz **Do division underneath here:**

+ 16 oz for altitudes 2000 ft or above: \_\_\_\_\_\_oz.

+16 oz in summer months: \_\_\_\_\_\_\_oz.

Total ounces for the day:\_\_\_\_\_\_oz.

Divide total ounces for the day \_\_\_\_\_/\_\_\_\_\_\_ by the # of total hours you will be drinking water for the day

Total ounces per hour =\_\_\_\_\_\_oz.

**+Drink 16 oz within the first hour upon arising**

**These 16 oz are not included in the total for the day**

**Drink morning wake-up water within 1 hour from the time you wake up from**: \_\_\_\_\_\_\_ to \_\_\_\_\_\_\_

**Time to start drinking water for the day:** \_\_\_\_\_\_\_\_

**Time to stop drinking water for the day:** \_\_\_\_\_\_\_\_

**Worship**:

Morning:\_\_\_\_\_\_\_

Evening:\_\_\_\_\_\_\_

**Time to Eat:**

**1st Meal:**\_\_\_\_\_\_\_\_

**2nd Meal**:\_\_\_\_\_\_\_\_

**Herbal Tea**(30 minutes before each meal and late in the afternoon):

\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_

**Four Herbs: Blood**:\_\_\_\_\_\_\_\_\_\_\_\_ **Liver:**\_\_\_\_\_\_\_\_\_\_\_\_\_ **Health Issue:**\_\_\_\_\_\_\_\_\_\_\_ **Health Issue:**\_\_\_\_\_\_\_\_\_

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* **Deep Breathing Exercises:** (2 x day)

Morning:\_\_\_\_\_\_\_\_ Evening: \_\_\_\_\_\_\_\_

* **Exercise:** (Walking is the Best – CH 200.2)

**Before breakfast**(20 minutes minimum(30 minutes preferable)/brisk): \_\_\_\_\_\_\_

**After 1st meal**(10 minutes/mild): \_\_\_\_\_\_\_

**After 2nd meal**(10 minutes/mild): \_\_\_\_\_\_\_

**Late afternoon/evening**(20 minutes minimum(30 minutes preferable)/brisk): \_\_\_\_\_\_\_

* **Lectures**(2 x day):

1st Lecture: \_\_\_\_\_\_\_\_ 2nd Lecture: \_\_\_\_\_\_\_\_

* **Sunshine**(at least 30 minutes/2 x day) **OR** 1 hour minimum by 12pm + more after 12pm)**:**

1st: \_\_\_\_\_\_\_\_\_ 2nd: \_\_\_\_\_\_\_\_\_

* **Fomentations/Hot Foot Baths:**

Head: \_\_\_\_\_\_\_\_ Chest: \_\_\_\_\_\_\_

Back: \_\_\_\_\_\_\_\_ Breast: \_\_\_\_\_\_\_

Arm (L) (R): \_\_\_\_\_\_\_ Stomach: \_\_\_\_\_\_\_

Liver: \_\_\_\_\_\_\_ Kidneys: \_\_\_\_\_\_\_

Legs (L) (R): \_\_\_\_\_\_\_\_ Feet (L) (R): \_\_\_\_\_\_\_\_

* **Poultices:**

Charcoal:\_\_\_\_\_\_\_ 🡪Body site(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Castor Oil:\_\_\_\_\_\_\_ 🡪 Body site(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Potato:\_\_\_\_\_\_\_\_ **🡪** Body site(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Onion:\_\_\_\_\_\_\_\_\_ 🡪 Body site(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mustard:\_\_\_\_\_\_\_ 🡪 Body site(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Clay:\_\_\_\_\_\_\_\_ 🡪 Body site(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ginger:\_\_\_\_\_\_\_ 🡪 Body site(s):

* **Massages:**

Full Body**:**\_\_\_\_\_\_\_

**Particular Body Part to Focus on:**

Head: \_\_\_\_\_\_

Neck: \_\_\_\_\_\_

Shoulders: \_\_\_\_\_\_

Arms: \_\_\_\_\_\_

Back: \_\_\_\_\_\_

Legs: \_\_\_\_\_\_

Calves: \_\_\_\_\_\_

* **Medicinal** **Baths** (4 days week):

Sun. \_\_\_\_\_\_

Mon. \_\_\_\_\_\_

Tues. \_\_\_\_\_\_

Wed. \_\_\_\_\_\_

Thurs. \_\_\_\_\_\_

Fri. \_\_\_\_\_\_

***Website:*** [Healthy Christian Living - Living by the Blueprint](https://livingbytheblueprint.com/)