



The *Keto* Wellness Program

INTRODUCTION, MODULE 1 CHECKLIST

	Task
<input type="checkbox"/>	Mark the next workshop date on your calendar
<input type="checkbox"/>	Start the RESTART® Program no later than January 15th
<input type="checkbox"/>	Create Personal Log-In at www.TriRealFood.com
<input type="checkbox"/>	Join the private Facebook group "The KETO Wellness Program 2019"
<input type="checkbox"/>	Introduce yourself in the private Facebook group (if you are on Facebook)
<input type="checkbox"/>	Purchase/Rent The Four Tendencies by Gretchen Rubin (Audio, Kindle or Paperback)
<input type="checkbox"/>	Complete MSQ Form
<input type="checkbox"/>	Complete "The Before" Form
<input type="checkbox"/>	Purchase a Comprehensive Blood Panel (optional)
<input type="checkbox"/>	Make an appointment for a DEXA scan
<input type="checkbox"/>	Chapter 1- The Four Tendencies
<input type="checkbox"/>	Chapter 2- Identify your Tendency
<input type="checkbox"/>	Take The Four Tendencies Quiz
<input type="checkbox"/>	Chapter 3- Understanding the Upholder
<input type="checkbox"/>	Chapter 4- Dealing with an Upholder
<input type="checkbox"/>	Chapter 5- Understanding the Questioner
<input type="checkbox"/>	Chapter 6- Dealing with a Questioner
<input type="checkbox"/>	Chapter 7- Understanding the Obliger
<input type="checkbox"/>	Chapter 8- Dealing with an Obliger
<input type="checkbox"/>	Chapter 9- Understanding the Rebel
<input type="checkbox"/>	Chapter 10- Dealing with a Rebel
<input type="checkbox"/>	Chapter 11- When the Four Tendencies Pair Up
<input type="checkbox"/>	Chapter 12- Speaking Effectively to Each Tendency
<input type="checkbox"/>	Chapter 13- Whatever Our Tendency, We Can Learn to Harness Its Strengths
<input type="checkbox"/>	Complete the Homework Worksheet