

Movement Intelligence [MI] Certification — Training Hours								1 Feb 2015
Participants	Basic Program	Advanced Study †	MI Program †††	Didactic Teacher Training	Certified TEACHER	MI Program	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-MI Graduates	48 [90 Processes]	48 [90 Processes]	20	24 + 10 Mentoring + 20 Practice Teaching ††	170	20	30+ 20 Essay, Report, or Presentation ***	240
BFL/Chairs Basic Program Graduates*	48	48		"	150	20	"	220
BFL/Chairs Teachers	48	48		24	180		"	170
BFL/Chairs Trainers	48			24	72			72
Chairs								
Non-MI Graduates	32 [60 Processes]	32 [60 Processes]	20	24 + 10 Mentoring + 20 Practice Teaching ††	138	20	30+ 20 Essay, Report, or Presentation ***	208
BFL/WFL Basic Program Graduates*	32	32		"	118	20	"	188
BFL/WFL Teachers	32	32		24	88		"	138
BFL/WFL Trainers	32			24	56			56
Mindful Eating								
Participants	Basic Program	MI Program †††		Didactic Mentor Training	Certified MENTOR		Trainer Training †††	Certified TRAINER
Non-MI Graduates	24	20		12	56		30+ 20 Essay, Report, or Presentation ***	106
MI Basic Program Graduates *	24			12	36		"	86
BFL/Chairs/WFL Teachers	24			12	36		"	86
BFL/Chairs/WFL Trainers	24			12	36			36
								MI Specialist
Movement Intelligence Solutions for Optimal Mobility								
Non-MI Graduates	72	20		24	116			
BFL/WFL/Chairs Teacher/ME Mentor	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/Chairs/WFL Basic Program Graduates have completed the Basic Program								
* MI Basic Program Graduates have attended Chairs and/or WFL Basic Program								
** BFL Trainers graduated prior to 2012 are grandfathered as having completed the MIS Basic Program Part 1 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; can certify MIS Mentors after completing the MIS Basic Program Part 2 and the Didactic								
*** Written, audio and/or video								
† Needs to be taken with a Certified Trainer; can be completed with DVDs and/or extra Mentoring pending approval from Trainer and Country Director, in North America it is the FMI Certification Committee								
†† Teacher certification can be taught in an Integrated Training								
††† BFL, WFL and/or Chairs								
***** Trainer in all Movement Intelligence programs; can certify BFL/WFL/Chairs Teachers, ME Mentors, and MIS Mentors after completing the MIS Basic Program Part 2 and the Didactic								
***** Senior Trainer has certified Teachers, attended a 30 hours Senior Trainer Training & submitted a Trainer essay ***; can certify Teachers, Mentors and Trainers in the programs they have obtained Trainer status								