

Movement Intelligence [MI] Certification — Training Hours								10/23/2017
Participants	Basic Program	Advanced Study †	Other MI Program ††	Didactic Teacher Training	Certified TEACHER	Other 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/MIS Basic Program Graduates *	48	48		"	150	20	"	220
BFL/Chairs/MIS Teachers/Mentors	48	48		24	180		"	170
BFL/Chairs/MIS 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/MIS Basic Program Graduates *	32	32		"	118	20	"	188
BFL/WFL/MIS Teachers/Mentors	32	32		24	88		"	138
BFL/WFL/MIS Trainers	32			24	56			56
MI SPECIALIST 424								
Participants	Basic Program		Other MI Program ††	Mentor Training	Certified MENTOR	Other MI Program ††	Trainer Training †††	Certified TRAINER
Mindful Eating								
Non-MI Graduates	24		20	12 + 24~Mentoring	80	20	30 + 20~Essay, Report or Presentation	130
MI Basic Program Graduates **	24			"	60		"	110
BFL/Chairs/WFL/MIS Teachers/Mentors	24			"	48		"	110
BFL/Chairs/WFL/MIS Trainers	24			12	36			36
Movement Intelligence Solutions for Optimal Mobility (MIS)								
Non-MI Graduates	108 [120 Processes]		20	36+ in small study groups †††††	164	20	30+ 20~Essay, Report or Presentation	234
BFL/WFL/Chairs Teacher/ME Mentor	108			"	144		"	194
BFL Trainer ***	108			"	144			144
WFL/Chairs/ME Trainer	108			"	144			144
MI Specialist ****	108			"	144			144
Senior Trainer *****	108			"	144			144
598								
* BFL/Chairs/WFL Basic Program Graduates have completed the Basic Program								
** MI Basic Program Graduates have attended WFL, Chairs, and/or the MIS Basic Program								
*** BFL Trainers graduated prior to 2012 are grandfathered as having completed the MIS Basic Program Part 1 after reviewing Part 1 via DVD and submitting a 10~30 page paper (written, audio and/or video) to be archived and shared with colleagues online in the Members Area of the FMI website and on the MovementIntelligence.com website. They can certify MIS Mentors after completing the MIS Basic Program Part 2 and the Didactic.								
**** An MI Specialist is a Trainer in all Movement Intelligence programs; can certify BFL/WFL/Chairs Teachers, ME Mentors, and MIS Mentors after completing the MIS Basic Program, and the Didactic								
***** A Senior Trainer has certified Teachers, attended a 30-hour Senior Trainer Training, and submitted a Trainer essay (written, audio and/or video). Senior Trainers can certify Teachers, Mentors, and Trainers in any programs for which they have obtained Trainer status.								
† 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, the FMI Certification Committee)								
†† BFL, WFL, Chairs and/or MIS								
††† Taught by a Senior Trainer								
†††† Teacher certification can be taught in an Integrated Training								
††††† Mentor certification can be taught in an Integrated Training; 36 is the <i>minimum</i> number of hours in small study groups to complete analysis of two processes, per theme, per person [24 processes, total, for each Solutions Mentor]								
Please Note: As of 2016, "Pioneer" status will no longer be recognized								