

# Suggested Schedule for BBody Daily Use

Date \_\_\_\_\_  
 Began \_\_\_\_\_  
 Using \_\_\_\_\_  
 Bemer \_\_\_\_\_

**Use Bbody with Plus in AM, use Bbody without Plus before bed**

**Hydration is IMPORTANT - Drink a glass of water before and after using the Bemer**

Keep track here for each week (extra boxes in case you repeat a week or track for individual people)

Name      Name      Name      Name      Name      Name

WEEK	Intensity	Week Starting:	Night (Sleep) Mode						
1	LEVEL 1								
2	LEVEL 2								
3	LEVEL 3								
4	LEVEL 4								
5	LEVEL 5								
6	LEVEL 6		NIGHT 1X per wk						
7	LEVEL 3		NIGHT 2X per wk						
8	LEVEL 4		NIGHT 3X per wk						
9	LEVEL 5		NIGHT 4X per wk						
10	LEVEL 6		NIGHT 5X per wk						
11	LEVEL 3		NIGHT 6X per wk						
12	LEVEL 4		NIGHT 7X per wk						
13	LEVEL 5		NIGHTLY						
14	LEVEL 6		NIGHTLY						

Continue to repeat levels 3, 4, 5, 6 weekly