



Name: _____, _____

Date: __/__/__

Biofeedback Fitness Assessment Program includes 24 items. The ones typed in **blue** are the frequencies that resonated with you, and were ran for 30 minutes of harmonization.

You will also receive a 10 minute audio file snippet of your tunes. Feel free to listen to them up to 30 minutes per day. Make sure you drink a glass of water before and after listening to these frequencies. These tunes are only effective for 7 days. After that, they will no longer resonate and be beneficial for your body, since you have changed and you require a new set of tunes that resonates with the new you!

Biofeedback Fitness Assessment Program with 24 Frequency Items

Adrenal balance needed
Alcohol consumption affecting health
Alkaline diet beneficial
Balance
Cardiovascular efficiency
Cigarette Smoke affecting health
Emotions negatively affecting
Fat loss needed
Flexibility increase
GMO Intake affecting health
Gut intake affecting health
Hormonal balance needed
Inflammation affecting health
Joint inflammation
Lean Inflammation
Lean body mass increase needed
Motivational mindset needed
Nutrition
Premature aging
Recovery needed
Strength increase
Stress levels too high
Systemic inflammation reduce
Weight Loss needed

Got Questions?

Feel free to contact us at:

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