

Movement Intelligence [MI] Certification — Training Hours									27.7.14
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	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	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	56
Mindful Eating									
Participants	Basic Program	MI Program		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	36
							MI Specialist	424
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	520
Senior Trainer *****	72		24	96			96	520
* 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 BFL Teachers, and 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 or Pioneer Trainer; under special circumstances 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								
††† pre-requisite: 2 Years Teaching (200 Hours); only one Trainer Training needs to be taken for all MI programs, focus is on administration & leadership issues								
**** Trainer in all 5 Movement Intelligence programs; can certify BFL/WFL/Chairs Teachers and ME/MIS Mentors								
***** 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								