Use this chart to help record progress with our program. Mark with an “X” each day you are 100% compliant with both your AM and PM doses. Please bring this chart with you to your follow up visit at the end of Phase 2 after six months on the Advanced Nutrient Therapy protocol. Give small rewards for each milestone reached in the healing process. Best of luck. We know you can do this.

**Phase 2 Weekly Dosage Compliance Chart for Mensah Medical Patients**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WEEK 27</strong> (Phase 2 Mensah Medical Patients)</td>
<td><strong>183</strong> Phase 2 starts here, today. You are well on your way!</td>
<td><strong>184</strong> In the middle of every difficulty lies opportunity. -Albert Einstein</td>
<td><strong>185</strong> Trust yourself. You know more than you think you do. -Ben Spock</td>
<td><strong>186</strong> When you come to the end of your rope, tie a knot and hang on. -FDR</td>
<td><strong>187</strong> You will never do anything in this world without courage. -Aristotle</td>
<td><strong>188</strong> Worry does not empty tomorrow of it's sorrow, it empties today of it's strength. -Corrie Boom</td>
</tr>
<tr>
<td><strong>WEEK 28</strong></td>
<td><strong>190</strong> Life is 10% what happens to you and 90% how you react to it. -Charles Swindoll</td>
<td><strong>191</strong> It's a brand new day. You're alive. Do something meaningful about that.</td>
<td><strong>192</strong> Faith says yes when everyone around you says no.</td>
<td><strong>193</strong> Negative thoughts lead to failure. Think positive today.</td>
<td><strong>194</strong> Your challenges are your stepping stones to success.</td>
<td><strong>195</strong> You cannot expect victory and plan for defeat. -Joel Osteen</td>
</tr>
<tr>
<td><strong>WEEK 29</strong></td>
<td><strong>197</strong> The greatest act of faith some days is to get up and face another day.</td>
<td><strong>198</strong> Temptation is not to be feared but controlled. -Deborah Brodie</td>
<td><strong>199</strong> Begin again as often as you need to in order to stay on track.</td>
<td><strong>200</strong> Celebrate 200 days on Advanced Nutrient therapy!</td>
<td><strong>201</strong> Turn lemons into lemonade -Kevin Cronin</td>
<td><strong>202</strong> You matter because you are you and no one else can take your place.</td>
</tr>
</tbody>
</table>

First three weeks of Phase 2.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WEEK 30</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>204</td>
<td>No one can do everything but everyone can do something. -Max Lucado</td>
<td>205</td>
<td>Success isn’t final, failure isn’t fatal: it’s the courage to continue that counts.</td>
<td>206</td>
<td>Don’t spend time beating on a wall, hoping to transform it into a door. -Coco Chanel</td>
<td>207</td>
</tr>
<tr>
<td><strong>WEEK 31</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>211</td>
<td>Be believing; be happy; don’t get discouraged. Things will work out.</td>
<td>212</td>
<td>Complete your patient progress report today!</td>
<td>213</td>
<td>Celebrate 7 months on Advanced Nutrient Therapy today!</td>
<td>214</td>
</tr>
<tr>
<td><strong>WEEK 32</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>218</td>
<td>Faith is about doing. You are how you act, not just how you believe.</td>
<td>219</td>
<td>Faith is not something to grasp, it is a state to grow into. -Mahatma Gandhi</td>
<td>220</td>
<td>Sorrow looks back, Worry looks around, Faith looks up. -Ralph Waldo Emerson</td>
<td>221</td>
</tr>
<tr>
<td><strong>WEEK 33</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>225</td>
<td>Continuous effort - not strength or intelligence - is the key to unlocking our potential.</td>
<td>226</td>
<td>The thing with giving up is that you never know whether you could have done the job.</td>
<td>227</td>
<td>Change is hardest at the beginning, messiest in the middle and best at the end.</td>
<td>228</td>
</tr>
<tr>
<td><strong>WEEK 34</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>232</td>
<td>It is better to offer no excuse than a bad one. -George Washington</td>
<td>233</td>
<td>Angry people are not always wise. -Jane Austen</td>
<td>234</td>
<td>No matter the situation, never let your emotions overpower your intelligence.</td>
<td>235</td>
</tr>
</tbody>
</table>
Our wounds are often the openings into the best and most beautiful part of us. -Andy Warhol

Forgive others, not because they deserve it, but because you deserve peace. -Oprah Winfrey

Complete your patient progress report today.

You'll never get ahead of anyone as long as you try to get even with him. -J.K. Rowling

Celebrate 8 months on Advanced Nutrient Therapy today!

We are products of our past, but we don't have to be prisoners of it. -Rick Warren

When we give cheerfully and accept gratefully, everyone is blessed. -Maya Angelou

Talking about problems is a bad addiction. Talk about your joys instead.

The future can be better than the present and you have the power to make it so.

Visualize what you want. See it, feel it, believe it. Make a mental blueprint & begin.

Be sure to thank somebody today. Gratitude makes you think of the good and forget the bad.

Just because you fail once doesn't mean you're gonna fail at everything.

The darkest nights produce the brightest stars.

Be somebody that makes everyone else feel like a somebody.

The more you praise & celebrate your life, the more there is in life to celebrate.

Always remember, your focus determines your reality.

To get out of your own sadness, put your focus on someone else and help them.

Be gentle with yourself. You are doing the best you can.

You have only failed when you've given up. Don't quit.

Obstacles are things a person sees when he takes his eyes off his goal.

Be kind, for everyone you meet is fighting a harder battle.

Just because something isn't happening for you right now doesn't mean it never will.

The man who moves a mountain begins by carrying away small stones.

To escape fear you have to go through it, not around.

Facts do not cease to exist because they are ignored. -Aldous Huxley

Strength comes from overcoming things you thought you couldn't do.

Don't believe everything you think. Focus on the positive today.

Rock bottom became the solid foundation on which I rebuilt my life. -J.K. Rowling

Without struggle there is no progress.

Complete your patient progress report today.

Complete the Halfway Mark of Phase 2 and First 273 Days on Advanced Nutrient Therapy
### Week 40

**274** Call to schedule your 12 month follow up visit in 3 months.

- We do what we do because we believe in it.
- It does not matter how slowly you go as long as you do not stop.
- No one can make you feel inferior without your consent.
- Smile and let everyone know that today you are a lot stronger than you were yesterday.
- It's not the load that breaks you down, it's the way you carry it.

### Week 41

- Don't let your struggle become your identity.
- Even if others give up on you, don't give up on yourself.
- Failure is only a temporary change in direction to set you straight for your next success.
- You have power over your mind - not outside events. Realize this, and you will find strength.
- You are confined only by the walls you build yourself.

### Week 42

- Success is connected to action. Successful people make mistakes but they don't quit.
- The flower that blooms in adversity is the rarest and most beautiful of all.
- Today is a good day to have a good day. Just do it.
- No act of kindness, no matter how small, is ever wasted.
- Finishing a marathon is a state of mind that says anything is possible.

### Week 43

- Happiness is always there. You just have to choose to see it.
- Stay strong and finish strong. Always remember why you are doing this.
- It's not what happens to you that matters. It's how you react to it.
- Doing good for others is not a duty, but a joy. It increases our own health and happiness.

### Week 44

- People will feel good about doing things with you if you are enthusiastic.
- Complete your patient progress report today.
- The time is always right to do the right thing. So do it today.
- Joy doesn't simply happen to us. We have to choose joy and keep choosing it every day.
- Congrats! You've made it to 10 months of treatment today!
- Success is the sum of small efforts, repeated day in and day out.

**Schedule Your Follow Up Visit this Month During or Just After Your 40th Week of Supplementation**
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 45</td>
<td>309 The life you have left is a gift. Cherish it. Enjoy it to the fullest. Do what matters.</td>
<td>310 Nothing great is ever achieved without much enduring. -Catherine of Siena</td>
<td>311 The enemy is fear. We think it is hate; but, it is fear. -Mahatma Gandhi</td>
<td>312 You will overcome. You will win. No one can stop you except yourself.</td>
<td>313 Joy is a light that fills you with faith and hope and love. Be joyful today.</td>
<td>314 Enjoy the little things in life. For one day you will look back and realize they were big things.</td>
</tr>
<tr>
<td>WEEK 46</td>
<td>316 Hardships often prepare ordinary people for an extraordinary destiny. -C.S. Lewis</td>
<td>317 How you react emotionally is a choice in any situation.</td>
<td>318 Our greatest glory is not in avoiding failure, but in our willingness to try again.</td>
<td>319 In times of stress, keep busy. Plow your energy into something positive.</td>
<td>320 The meaning of life is to find your gift. The purpose of life is to give it away.</td>
<td>321 99% of all failures come from people who've a habit of making excuses. -George W. Carver</td>
</tr>
<tr>
<td>WEEK 47</td>
<td>323 Just when the caterpillar thought the world was over it became a butterfly.</td>
<td>324 Organize your life around your dreams and watch them come true.</td>
<td>325 Focus on the good. It's easy to look at the bad, but seeing the good brings joy.</td>
<td>326 Believe it is possible to solve your problem. Tremendous things happen to the believer.</td>
<td>327 No one can make you feel inferior without your consent. -Eleanor Roosevelt</td>
<td>328 The longer you hang on the harder it is to let go.</td>
</tr>
<tr>
<td>WEEK 48</td>
<td>330 Most of the things you worry about don't happen. That's a fact.</td>
<td>331 We all fall sometime but it's those that get back up and try again that make the difference.</td>
<td>332 The world is one big family and we need to help each other. Help someone today.</td>
<td>333 Life is like riding a bicycle. To keep your balance, you must keep moving. -Albert Einstein</td>
<td>334 Complete your patient progress report today.</td>
<td>335 Replace your fear of the unknown with curiosity.</td>
</tr>
<tr>
<td>WEEK 49</td>
<td>337 Congrats! You've made it to the 11 month milestone!</td>
<td>338 The only person you are destined to become is the person you decide to be.</td>
<td>339 Having a rough day? Place your hand over your heart. You are alive for a reason. Don't give up.</td>
<td>340 Your inner light is brighter, bigger, more powerful than anything trying to extinguish it.</td>
<td>341 Believe in yourself and all that you are. You are greater than any obstacle.</td>
<td>342 Never look down on someone unless you are helping them get up.</td>
</tr>
</tbody>
</table>

Completion of the 11 Months of Advanced Nutrient Therapy!
Please bring this Compliance Chart with you to your follow up visit. We look forward to seeing you and discussing your progress with Advanced Nutrient Therapy this week.

-Dr. Albert Mensah and Dr. Judith Bowman

### Time to Celebrate, Completion of the Last Month of Phase Two!