

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 1 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 1 Weekly Dosage Compliance Chart for Mensah Medical Patients

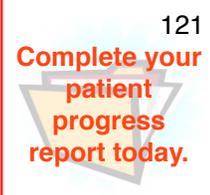
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 <i>(Phase 1 Mensah Medical Patients)</i>	1  This is where it all begins. Everything starts here, today.	2 In the middle of every difficulty lies opportunity. -Albert Einstein	3 Trust yourself. You know more than you think you do. -Ben Spock	4 When you come to the end of your rope, tie a knot and hang on. -FDR	5 You will never do anything in this world without courage. -Aristotle	6 Worry does not empty tomorrow of it's sorrow, it empties today of it's strength. -Corrie Boom	7  Celebrate one week with complete compliance!
WEEK 2	8 Life is 10% what happens to you and 90% how you react to it. -Charles Swindoll	9 It's a brand new day. You're alive. Do something meaningful about that.	10 Faith says yes when everyone around you says no.	11 Negative thoughts lead to failure. Think positive today.	12 Your challenges are your stepping stones to success.	13 You cannot expect victory and plan for defeat. -Joel Osteen	14  Celebrate two weeks with complete compliance!
WEEK 3	15 The greatest act of faith some days is to get up and face another day.	16 Temptation is not to be feared but controlled. -Deborah Brodie	17 Begin again as often as you need to in order to stay on track.	18 You can do anything you want to if you want to bad enough.	19 Turn lemons into lemonade -Kevin Cronin	20 You matter because you are you and no one else can take your place.	21 You have to work hard for what you want. -Lailah Gifty Akita

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WEEK 4	22 No one can do everything but everyone can do something. -Max Lucado	23 Success isn't final, failure isn't fatal: it's the courage to continue that counts.	24 Don't spend time beating on a wall, hoping to transform it into a door. -Coco Chanel	25 The way to get started is to quit talking and begin doing.	26 It is hard to fail, but it is worse never to have tried to succeed. -Teddy Roosevelt	27 If you believe you can, you might. If you know you can, you will. - Steve Maraboli	28 Folks are usually about as happy as they make their minds up to be. -Abraham Lincoln
WEEK 5	29 Be believing; be happy; don't get discouraged. Things will work out.	30 Complete your patient progress report today.	31 Celebrate One month on Advanced Nutrient Therapy today!	32 It is often in the darkest skies that we see the brightest stars.	33 I don't think of all the misery, but of the beauty that still remains. -Anne Frank	34 Be faithful in small things because it is in them that your strength lies. -Mother Teresa	35 It always seems impossible until it's done. -Nelson Mandela
WEEK 6	36 Faith is about doing. You are how you act, not just how you believe.	37 Faith is not something to grasp, it is a state to grow into. -Mahatma Gandhi	38 Sorrow looks back, Worry looks around, Faith looks up. -Ralph Waldo Emerson	39 When you do what you fear most, then you can do anything. -Stephen Richards	40 The best way to cheer yourself is to try to cheer someone else up. -Mark Twain	41 Words are life. Positive words create positive life.	42 Above all, don't lie to yourself.
WEEK 7	43 Continuous effort - not strength or intelligence - is the key to unlocking our potential.	44 The thing with giving up is that you never know whether you could have done the job.	45 Change is hardest at the beginning, messiest in the middle and best at the end.	46 Happiness is when what you think, what you say, and what you do are in harmony.	47 He who can have patience can have what he will. -Ben Franklin	48 Peace begins with a smile. -Mother Teresa	49 Isn't it nice to think that tomorrow is a new day with no mistakes in it yet? -LM Montgomery
WEEK 8	50 It is better to offer no excuse than a bad one. -George Washington	51 Angry people are not always wise. -Jane Austen	52 No matter the situation, never let your emotions overpower your intelligence.	53 It's not what we do once in a while that shapes our lives. It's what we do consistently.	54 Fall in love with the process and the results will come.	55 You may have to fight a battle more than once to win it. -Margaret Thatcher	56 Doubt kills more dreams than failure ever will. Have faith.

First Eight Weeks on Advanced Nutrient Therapy

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	57 Our wounds are often the openings into the best and most beautiful part of us.	58 It does not matter how slowly you go so long as you do not stop. -Andy Warhol	59 Forgive others, not because they deserve it, but because you deserve peace.	60 Complete your patient progress report today.	61 You'll never get ahead of anyone as long as you try to get even with him.	62 You are good enough, smart enough, and strong enough. Believe in yourself.	63 We are products of our past, but we don't have to be prisoners of it. -Rick Warren
WEEK 10	64 When we give cheerfully and accept gratefully, everyone is blessed. -Maya Angelou	65 Talking about problems is a bad addiction. Talk about your joys instead.	It takes 66 days to form a habit. Congrats on forming a new habit!	67 The future can be better than the present and you have the power to make it so.	68 Visualize what you want. See it, feel it, believe it. Make a mental blueprint & begin.	69 Be sure to thank somebody today. Gratitude makes you think of the good and forget the bad.	70 Just because you fail once doesn't mean you're gonna fail at everything.
WEEK 11	71 The darkest nights produce the brightest stars.	72 Be somebody that makes everyone else feel like a somebody.	73 The more you praise & celebrate your life, the more there is in life to celebrate. -Oprah Winfrey	74 Every time you smile at someone, it's an action of love, a gift to that person.	75 Always remember, your focus determines your reality. -George Lucas	76 To get out of your own sadness, put your focus on someone else and help them	77 Be gentle with yourself. You are doing the best you can.
WEEK 12	78 You have only failed when you've given up. Don't quit.	79 Obstacles are things a person sees when he takes his eyes off his goal.	80 We rise by lifting others. Help someone today.	81 Be kind, for everyone you meet is fighting a harder battle. -Plato	82 Just because something isn't happening for you right now doesn't mean it never will.	83 The man who moves a mountain begins by carrying away small stones. -Confucius	84 To escape fear you have to go through it, not around.
WEEK 13	85 Facts do not cease to exist because they are ignored. -Aldous Huxley	86 Strength comes from overcoming things you thought you couldn't do.	87 Don't believe everything you think. Focus on the positive today.	88 Rock bottom became the solid foundation on which I rebuilt my life. -J.K. Rowling	89 Without struggle there is no progress.	90 Complete your patient progress report today.	91 Congrats! Today is the 1/2 mark to FINISHING phase 2!

Complete the Halfway Mark of Phase One and First 90 Days on Advanced Nutrient Therapy

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 14	 <p>92 Call to schedule your 6th month follow up visit in 3 months.</p>	<p>93 What we do comes out of who we believe we are.</p>	<p>94 It does not matter how slowly you go as long as you do not stop. -Confucius</p>	<p>95 No one can make you feel inferior without your consent. -Eleanor Roosevelt</p>	<p>96 Smile and let everyone know that today you are a lot stronger than you were yesterday.</p>	<p>97 It's not the load that breaks you down, it's the way you carry it.</p>	<p>98 Pain is temporary. It may last a day or a year, but it will end. If you quit, it lasts forever.</p>
WEEK 15	<p>99 Don't let your struggle become your identity.</p>	 <p>100 Congrats on working for 100 days toward the new you!</p>	<p>101 Failure is only a temporary change in direction to set you straight for your next success.</p>	<p>102 You have power over your mind - not outside events. Realize this, and you will find strength.</p>	<p>103 Don't count the days, make your days count. -Muhammad Ali</p>	<p>104 You are confined only by the walls you build yourself.</p>	<p>105 Joy is a decision, a really brave one, on how you are going to respond to life.</p>
WEEK 16	<p>106 Success is connected to action. Successful people make mistakes but they don't quit.</p>	<p>107 The flower that blooms in adversity is the rarest and most beautiful of all.</p>	<p>108 Today is a good day to have a good day. Just do it.</p>	<p>109 No act of kindness, no matter how small, is ever wasted. -Aesop</p>	<p>110 Finishing a marathon is a state of mind that says anything is possible.</p>	<p>111 Happiness doesn't result from what we get, but from what we give.</p>	<p>112 Tears shed for another person are not a sign of weakness. They are a sign of a pure heart.</p>
WEEK 17	<p>113 Happiness is always there. You just have to choose to see it.</p>	<p>114 Stay strong and finish strong. Always remember why you are doing this.</p>	<p>115 It's not what happens to you that matters. It's how you react to it.</p>	<p>116 Cry. Forgive. Learn. Move on. Let your tears water the seeds of your future happiness</p>	<p>117 Doing good for others is not a duty, but a joy. It increases our own health and happiness.</p>	<p>118 Even if others give up on you, don't give up on yourself. You hold the determination to thrive.</p>	<p>119 Every day may not be good. But there is something good in every day.</p>
WEEK 18	<p>120 People will feel good about doing things with you if you are enthusiastic.</p>	 <p>121 Complete your patient progress report today.</p>	<p>122 The time is always right to do the right thing. So do it today.</p>	<p>123 Joy doesn't simply happen to us. We have to choose joy and keep choosing it every day.</p>	 <p>124 Congrats! You've made it to 4 months of treatment today!</p>	<p>125 Success is the sum of small efforts, repeated day in and day out. -Robert Collier</p>	<p>126 Be the reason someone smiles today.</p>

Schedule Your Follow Up Visit this Month During or Just After Your 26th Week of Supplementation

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 19	127 The life you have left is a gift. Cherish it. Enjoy it to the fullest. Do what matters.	128 Nothing great is ever achieved without much enduring. -Catherine of Siena	129 The enemy is fear. We think it is hate; but, it is fear. -Mahatma Gandhi	130 You will overcome. You will win. No one can stop you except yourself.	131 Joy is a light that fills you with faith and hope and love. Be joyful today.	132 Enjoy the little things in life. For one day you will look back and realize they were big things.	133 If you treat people right they will treat you right ... ninety percent of the time. -FDR
WEEK 20	134 Hardships often prepare ordinary people for an extraordinary destiny -C.S. Lewis	135 How you react emotionally is a choice in any situation.	136 Our greatest glory is not in avoiding failure, but in our willingness to try again.	137 In times of stress, keep busy. Plow your energy into something positive.	138 The meaning of life is to find your gift. The purpose of life is to give it away.	139 99% of all failures come from people who've a habit of making excuses. -George W. Carver	140 It may not be tonight, tomorrow, or the next day, but things are going to be okay.
WEEK 21	141 Just when the caterpillar thought the world was over it became a butterfly.	142 Organize your life around your dreams and watch them come true.	143 Focus on the good. It's easy to look at the bad, but seeing the good brings joy.	144 Believe it is possible to solve your problem. Tremendous things happen to the believer.	145 No one can make you feel inferior without your consent. -Eleanor Roosevelt	146 The longer you hang on the harder it is to let go.	147 Forgive yourself for believing you are anything less than beautiful.
WEEK 22	148 Most of the things you worry about don't happen. That's a fact.	149 We all fall sometime but it's those that get back up and try again that make the difference.	150 The world is one big family and we need to help each other. Help someone today.	151 Life is like riding a bicycle. To keep your balance, you must keep moving. -Albert Einstein	152 Complete your patient progress report today.	153 Replace your fear of the unknown with curiosity.	154 Fear is false evidence appearing real. Don't give in to your fears.
WEEK 23	155 Congrats! You've made it to the 5 month milestone!	156 The only person you are destined to become is the person you decide to be.	157 Having a rough day? Place your hand over your heart. You are alive for a reason. Don't give up.	158 Your inner light is brighter, bigger, more powerful than anything trying to extinguish it.	159 Believe in yourself and all that you are. You are greater than any obstacle.	160 Never look down on someone unless you are helping them get up.	161 You are stronger today than yesterday. Face your fears and wipe your tears.

Completion of the 5th Month of Advanced Nutrient Therapy!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 24	162 Walk on with hope in your heart, and you'll never walk alone	163 Think positive and be positive and positive things will happen.	164 Without fear there cannot be courage. -Christopher Paolini	165 Fear is the glue that keeps you stuck. Faith is the solvent that sets you free.	166 Never say anything about yourself you do not want to come true.	167 When you stop expecting people to be perfect, you can like them for who they are.	168 Glory awaits you at the finish line. Keep going, you are nearly there.
WEEK 25	169 Hang in there. It may not be easy, but it is going to be worth it.	170 May your choices reflect your hopes, not your fears. -Nelson Mandela	171 You don't need a reason to help people. Just offer your assistance today.	172 If the road is easy, you're likely going the wrong way. -Terry Goodkind	173 There will be obstacles, there will be mistakes, but with hard work there are no limits.	174 Measure success by the number of obstacles you've overcome to reach your goals.	175 We rise by lifting others. Have you lifted someone else's spirit today?
WEEK 26 (Your 6th month follow up should be this week or next week.)	176 Once you develop a habit of helping others you start to feel better about yourself.	177 You are what you do, not what you say you'll do.	178 Starting strong is good. Finishing strong is epic. You've got this.	179 Worry doesn't take away tomorrow's struggles. It takes away today's peace.	180 Life doesn't require that we be the best, only that we try our best.	181 Complete your patient progress report today.	182 Congrats! Today YOU FINISHED phase 1!

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 6th and Last Month of Phase One! (Be sure to print out our Phase 2 Calendar)