

Project HERO: **BMT** Intervention Fidelity Checklist

Week #: _____	Session #: _____	Date of session: _____	Time of session: _____
Instructor: _____		Observer: _____	

Exercise/item		Round 1		Round 2		
		✓	# of repetitions, seconds, etc.	✓	# of repetitions, seconds, etc.	
Informal check-in			Notes:			
Warm up exercises / stretching			Notes:			
Resting awareness of breathing						
Opening of the Gates	1. Straightening of the channels					
	2. Funnel circle of the waist					
	3. Circling of the head and neck					
	4. Looking up and down					
	5. Neck rotations					
	6. Circling of the shoulders					
	7. Moving shoulders up & down, forward & back					
Resting awareness of breathing						
Muscle Change Exercises	8. Pressing palms forward					
	9. Palm push to side					
	10. Holding up the sky					
	11. Pressing down the earth					
	12. Drawing the bow: left & right					
	13. Embracing body and rolling down					
	14. Twisting of the waist					
15. Twisting punch						
Resting awareness of breathing						
Cavity Presses	16. Chest pushing & pulling					
	17. Moving chest side to side					
	18. Chest circles					
Standing Exercises	19. Connecting to heaven & earth					
	20. Collecting energy of heaven & earth					
	21. Holding ball of energy					
	22. Rocking chair: left & right					
	23. Ruler: left & right					
	24. Hands skimming on water: left & right					
	25. Lifting and lowering energy hands: left & right					
	26. Pushing and pulling space: left & right					
	27. Cloud hands: left & right					
	28. Wax on, wax off: left & right					
Resting awareness of breathing						
Explain benefits of BMT exercises, importance of participant's contribution to Project HERO, and encourage participants to continue practicing exercises on their own for duration of project				Notes:		
I. Comments:						