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eTouch for Health Level 1 Exercises and Quizzes for Review

If you need credits for the eTouch for Health workshops, you must complete exercises and quizzes in each level. In eTFH Level 1, there is one exercise, two quizzes and one class evaluation which you must complete and then submit for review using PDF.

Save files with your name and as much identifying information, as possible, ex:

yourname_etch_1_quiz_1.pdf

Submit reports from exercises for review and quizzes to:

submit@etchforhealth.com

eTFH Level 1 Review Requirements

_____ **Quiz 1 - Functional Area and Navigation Review, page 1-13**

_____ **Exercise 1- New Personal Records with New 14-Muscle Goal-Based, Fix-as-you-go Session. Record Results and Print Reports for Review , page 1-15**

_____ **Quiz 2 - *eTouch for Health* and TFH Balancing Process, page 1-35**

_____ **Class Evaluation - this is required for each workshop**

Please allow 24-48 hours for reviewing and response. We will generally be able to immediately provide a review but weekends and holidays may take longer.