



## COURSE SEQUENCE

### Certified Metabolic Typing Advisor (CMTA) Level I: Advanced Certification (Workshop Version)

Step	Description	Expected days to do	Elapsed time at completion	Study Material
1. Registration	<ul style="list-style-type: none"> <li>▶ Register online or contact MTEC at <a href="mailto:info@metabolics.com">info@metabolics.com</a> to get Registration Forms sent to you.</li> </ul>	2	2	ABC
2. Advanced Questionnaire	<ul style="list-style-type: none"> <li>▶ Complete the Advanced MT Questionnaire per the instructions sent to you upon registration.</li> </ul>	5	7	DE
3. Results	<ul style="list-style-type: none"> <li>▶ After submitting the MT Questionnaire, you will receive your MT Results and study materials via email.</li> <li>▶ Read your MT results and start on your Diet Plan foods.</li> </ul>	14	21	GHKLM
4. Teleconference	<ul style="list-style-type: none"> <li>▶ Explanation of your Metabolic Type, your MT Diet Plan, your supplement recommendations, your endocrine type, and your personal experience with your MT Diet so far.</li> </ul>	14	35	N
5. Workshop	<ul style="list-style-type: none"> <li>▶ Review of your personal diet experience and fine tuning.</li> <li>▶ Discuss MT Guide and MT Diet Plans.</li> <li>▶ MT Advanced Procedure Lists</li> <li>▶ Client consultation strategies</li> <li>▶ Variable Types</li> <li>▶ Ultra Life</li> <li>▶ MT Advanced Certification Exam and Certification procedure.</li> </ul>	14	49	OPQRS
6. Exam	<ul style="list-style-type: none"> <li>▶ Correct any errors and follow the MT Certification procedure instructions.</li> <li>▶ MT Oral Certification Exam scheduled.</li> </ul>	10	59	
7. Certification	<ul style="list-style-type: none"> <li>▶ Complete MT Oral Certification Exam.</li> <li>▶ Email Healthexcel and Ultra Life to get your account numbers.</li> </ul>	5	64	
8. Completion	<ul style="list-style-type: none"> <li>▶ Receive your MT Certificate in the mail!</li> </ul>	3	67	

MTEC will continue to support you through email and over the phone. Extensive counseling (over 10 minutes) will be on an \$80 hourly fee. After one year you will receive a review from MTEC. Reviews will continue on a yearly basis.