



Please remember to save this document to your computer once you have completed it, then attach to your renewal when prompted.

Practical Hours Verification Form

Utilizing this form, please submit any hours that you may have taught for statistical purposes.

Note: For the 2022 year, the minimum requirement of 20 practical hours has been waived.

Fill out the form using the example below as a template:

- Information relating to your class schedule including dates, hours, frequency, etc.
- Print the contact person's name and provide their contact information, a signature is not required.
- Please total number of hours at the bottom of the form.

Name of Fitness Leader: _____

Class Type *	Course Schedule	Facility	Contact Person – Signature not required	Contact Information: Phone/Email Address
<i>Boot Camp</i>	<i>Jan – May 2014 26 hours Once a week</i>	<i>Everfit Health Club</i>	<i>Jane Smith</i>	<i>(123) 456-7891 jan smith@email.ca</i>
Total Hours				

* Class type may include group land, aquatic or older adult fitness classes (e.g. bootcamp, hi/lo, step, interval/circuit training, yoga, aquatic, etc.). Note that personal training, coaching sports teams, and teaching physical education classes do not fall within the Scope of Practice and thus are ineligible.