



Practical Hours Verification Form

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

Note: For the 2025 year, it is recommended that you teach a minimum of 20 practical hours.

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 2024 Once a week for 1 hour</i>	<i>Everfit Health Club</i>	<i>Jane Smith</i>	<i>(123) 456-7891 janesmith@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.