

Level II Required Hours Log

Name: _____ Course Location: _____

Peak Pilates® Trainer: _____

Directions:

Use this log sheet to record your hours each time you complete one of the following types of activity. Make copies of this form as needed.

PERSONAL PRACTICE: 20 hours required (at least half on apparatus)

TEACHING: 20 hours required (at least half on apparatus)

OBSERVATION: 20 hours required

DATE	PERSONAL PRACTICE	TEACHING		OBSERVATION			
	HOURS	CHECK ONE		HOURS	CHECK ONE		HOURS
		CLASS	PRIVATE LESSONS		VIDEO	TEACHER	
TOTALS:							