Level I 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: 60 hours required (at least half on apparatus)

TEACHING: 35 hours required (at least half on apparatus)

OBSERVATION: 25 hours required

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