

## ProHealth 100 Hours Pilates Renewal Log

In order to maintain your Pilates certification through the Professional Health and Fitness Institute, you must complete 100 hours of practical application every year. **The Annual Renewal Fee is \$35.** You may pay with credit card by calling (301) 564-6022 and paying by phone, **OR** by attaching a check to this form and mailing it to ProHealth at 6550 Rock Spring Drive, Suite 155 Bethesda MD, 20817.

**Please Update your Contact Information: Please write Legibly**

Name: _____	Phone Number: _____
Address: _____	
Email: _____	
Facility Name: _____	
Facility Address: _____	
Facility Website: _____	

Check this box if you would like to be added to our list of Certified Instructors on the ProHealth website.

**Hours are for: (Please Circle One)**

Mat    
  Reformer    
  Cadillac    
  Wunda Chair    
  Advanced Mat    
  PPI

Please mark on the log below the date and either Self-Practice (SP), Teaching (T) or Observation (O)

1.	26.	51.	76.
2.	27.	52.	77.
3.	28.	53.	78.
4.	29.	54.	79.
5.	30.	55.	80.
6.	31.	56.	81.
7.	32.	57.	82.
8.	33.	58.	83.
9.	34.	59.	84.
10.	35.	60.	85.
11.	36.	61.	86.
12.	37.	62.	87.
13.	38.	63.	88.
14.	39.	64.	89.
15.	40.	65.	90.
16.	41.	66.	91.
17.	42.	67.	92.
18.	43.	68.	93.
19.	44.	69.	94.
20.	45.	70.	95.
21.	46.	71.	96.
22.	47.	72.	97.
23.	48.	73.	98.
24.	49.	74.	99.
25.	50.	75.	100.