

ProHealth 100 Hours Personal Training Renewal Log

In order to maintain your Personal Training 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.

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.