CPTN PERSONAL TRAINER LOG

Please print and complete the following logging sheet then scan and upload using our Document Upload page or e-mail to education@cptn.com for proof of 20 hours or more training requirement.

DATE / NUMBER OF HOURS (1 HOUR+ SESSIONS)	CLIENT NAME / PHONE NUMBER	DESCRIPTION OF WORKOUT PROGRAM, CONSULTATION AND/OR PROGRESSIONS	CLIENT INITIALS
_____	_____		
_____	_____		
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