

**TEACHING HOURS FORM:** This form verifies that \_\_\_\_\_ (instructor name) has taught the required hours to complete their Level 2 Essentrics® Certification. The following people have participated in a 1-hour Essentrics® Pre-Choreographed Workout class taught by the aforementioned Certified Level 1 Essentrics® instructor.

	Name of participant	Phone or email	Signature (for in-person classes only)	Date	In- person	Virtual (6 max)
					<i>Check the box</i>	
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						