

**TEACHING HOURS FORM:** This form verifies that \_\_\_\_\_ (instructor name) has taught the required hours to complete their Level 4 Essentrics® Certification. The following people have participated in a 1-hour Essentrics® Pre-Choreographed Workout class taught by the aforementioned Certified Level 3 Essentrics® instructor.

|    | Name of participant | Phone or email | Signature<br>(for in-person classes only) | Date | In-<br>person        | Virtual<br>(6 max) |
|----|---------------------|----------------|---|------|----------------------|--------------------|
|    |                     |                |   |      | <i>Check the box</i> |                    |
| 1  |                     |                |   |      |                      |                    |
| 2  |                     |                |   |      |                      |                    |
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| 17 |                     |                |   |      |                      |                    |
| 18 |                     |                |   |      |                      |                    |