IslandFitnessCouncil
DEVELOPING ACTIVE LIVING LEADERS

Personal Fitness Trainer (PFT) Log Sheet

Please note: IFC Personal Fitness Trainers (PFT) must record a minimum of 200 hours of training every 2 years as part of the PFT re-certification requirements. Please submit completed log sheet/s prior to your re-certification date.

Date	Number of Hours	Client Name and Contact Information	Please Briefly Describe the Session

Please make additional copies as needed.