



## Certified Personal Training (CPT) Log Book

Name: _____	Phone Number: (    ) _____
Address: _____	PC _____
Email: _____	

1. Candidates must complete and document 25 hours of personal training by date of renewal (April 1).
2. Please fill out chart appropriately with a signature from a supervisor/employer.  
 A supervisor/employer is a:
  - CEP
  - Personal Training Director/Supervisor
  - Fitness Program Director
 The following will not be approved as signing authority:
  - Colleague
  - Client (unless cleared by the Alberta CSEP Office)
3. Type of Training will be focused on testing protocol from the CPAFLA and CPT Study Guide.
4. Candidates have six months from the day of completing the CSEP-CPT exam to collect 25 hours of personal training.
5. Once hours are completed submit your log book and Letter of Support to:
 

**Albert CSEP Health and Fitness Program Coordinator**  
**Provincial Fitness Unit**  
**Faculty of Physical Education and Recreation**  
**University of Alberta**  
**Edmonton, AB T6G 2H9**

Example Log Book Entry:

Date	Organization/ Institution	Participant Name	Type of Training	M/F	Age	Hours	Supervisor's Signature
Sept.3/06	ABC Fitness and Recreation Centre	Joe Black	Program Design, Exercise Prescription	M	28	1	Please Print Name

