



International Consortium for Health & Wellness Coaching

**Documentation of 1,000 Hours of
Health & Wellness Coaching Experience**

If you are a practicing health and wellness coach and you have NOT successfully completed an Approved Transition Program, you will need to complete the information below to be eligible to sit for the Health & Wellness Coach Certifying Examination. All information must be completed in this document, and notarized.

Please summarize your 1,000 hours of health & wellness coaching experience by completing the following table and other information:

How many total hours of health & wellness coaching experience do you have?

Please list any health & wellness coach training programs that you have attended and the dates of attendance:

In the table provided below, please complete the following:

Employer	Job Title	Dates Employed	Avg. # of hours per week of health & wellness coaching
			Total # of hours of health & wellness coaching hours:

Self-employed health & wellness coaches should also provide the following:

Name of your business:

Website:

3 References (include name, phone number and email address) to verify self-employment:

1.

2.

On my honor, I attest/certify/promise that the above information is accurate and true.

Signature _____

Date _____

State of _____

County of _____

This instrument was signed or acknowledged before me on

By _____.