



PRACTICE TEACHING BENCHMARKS FOR P-FIT 2022

The following is a list of the **least amount** of practice teaching hours that you should have logged in and emailed to pfit@pietrafitness.com on the Thursday before our Saturday Session.

These are the least amount of hours. Doing more is always beneficial, and you will see a huge difference in your confidence and skills the more hours you log.

Refer to your coursework sheet for what to practice teach each month.

Group Study Session Dates	Modules	Hours
January 15, 2022	1 & 2	--
February 12, 2022	3 & 4	2
March 12, 2022	5	3
April 9, 2022	6	3
May 21, 2022 (Mandatory)	7 - Includes Posture Conference	2
June 18, 2022 (Mandatory)	8 - Includes Posture Conference	2
July 16, 2022 (Mandatory)	9 - Includes Posture Conference	2
August 13, 2022	10 & 11	3
September 17, 2022 (Mandatory)	12 & Final Written Exam	3
TOTAL HOURS		20