Nature Care College

DIPLOMA OF SHIATSU & ORIENTAL THERAPIES
PERSONAL HEALTH & AWARENESS SKILLS
STUDENT EXERCISE LOG

Students Name: _____ **Student ID:** _____

Phone: (H) _____ **(W)** _____ **Mob:** _____

** 100 hours of body exercises need to be completed for the Diploma of Shiatsu & Oriental Therapies. The exercises can be Yoga, Chinese Exercise, Tai Chi etc or a combination of these.*

Teacher's Name & Phone No:	Date	Hours	Type of Body Exercise	Teacher's Signature

Nature Care College

Teacher's Name & Phone No:	Date	Hours	Type of Body Exercise	Teacher's Signature
TOTAL HOURS:				

Please return this form to Nature Care College when hours are completed along with proof of enrolment in the exercise course you undertook and / or proof of your Teacher's qualifications