YOUR NAME		CREDIT HOUR LOG						
	Teacher(s) name	Initial	Month	Year	City & State or Country	# of hours	Title of Required ATT Module	Title of Elective ATT Training
Immersion 1 (~35 hrs.)								
immersion 2 (~35 hrs.)								
immersion 3 (~35 hrs.)								
Basic Teacher Training (100 hours)								
Advanced TT (+300 hours)								
ONLY FILL OUT THE BELOW SECTIONS IF YOU HAVE COMPLETED YOUR 300-HR TT IN MODULES								
300-hr Modules (required)	Teacher(s) name (CATT only can teach these)	Initial	Month	Year	City & State or Country	# of hours	Description of training (i.e. therapeutics, philosophy,teacher training, etc)	
Teaching the UPA's								
Teaching with a Theme								
Observation and Adjustments								
Sequencing								
Pranayama								
Methodology and co-mentoring								
Sequencing								
300-hr Modules (required)	Teacher(s) name (CATT or SMS)	Initial	Month		City & State or Country	# of hours	Description of training (i.e. therapeutics, philosophy,teacher training, etc)	
Philosophy (24 hrs)								
Anatomy (24 hours)								
Teaching Meditation								
Teaching Pranayama								
300-hr Modules - Elective Hours	Teacher(s) name (Certified Anusara, CATT or SMS (36 max hours with any one SMS)	Initial	Month	Year	City & State or Country	# of hours Total of 132 hours	Description of training (i.e. therapeutics, philosophy,teacher training, etc)	
GRAND Total of hours for 300-hr TT ONLY (must equal 300 hours)								