



C.H.E.K Institute Advanced Training Program 2017 Schedule

North America - USA and Canada*

Registration online at: <http://www.chekinstitute.com/register>

CHEK Exercise Coach Program

Payment Plans Available *Canadian courses - add HST/GST

Classes Are Confirmed 30-Days Prior to Start *Do Not Make Travel Arrangements Until That Time

Early Bird Deadline	Paid in full by:	Prereq's Due	CHEK Exercise Coach			
			Early Bird Tuition: \$2,347.00 USD	Regular Tuition: \$2,497.00 USD		
			DATE	LOCATION	ADDRESS	INSTRUCTOR
17-Aug-17	17-Oct-17	16-Oct	November 15-19, 2017	Toronto, ON - Canada	Raven Wellness - 222 Lesmill Road, Toronto, ON M3B 2T5	Carl Weston

Register for CHEK Exercise Coach online here: <http://tiny.cc/ExCReg>



C.H.E.K Practitioner Program

Payment Plans Available *Canadian courses - add HST/GST

Classes Are Confirmed 30-Days Prior To Start Date *Do Not Make Travel Arrangements Until That Time

Early Bird Deadline	Paid in full by:	Prereqs Due	C.H.E.K Practitioner Level 1			
			Early Bird Tuition: \$2,347.00 USD	Regular Tuition: \$2,497.00 USD		
			DATE	LOCATION	ADDRESS	INSTRUCTOR

Early Bird Deadline	Paid in full by:	Prereqs Due	C.H.E.K Practitioner Level 2			
			Early Bird Tuition: \$2,447.00 USD	Regular Tuition: \$2,597.00 USD		
			DATE	LOCATION	ADDRESS	INSTRUCTOR

Early Bird Deadline	Paid in full by:	Prereqs Due	C.H.E.K Practitioner Level 3			
			Early Bird Tuition: \$3,947.00 USD	Regular Tuition: \$4,147.00 USD		
			DATE	LOCATION	ADDRESS	INSTRUCTOR

Early Bird Deadline	Paid in full by:	Prereqs Due	C.H.E.K Practitioner Level 4			
			Early Bird Tuition: \$4,785.00 USD	Regular Tuition: \$5,185.00 USD		
			DATE	LOCATION	ADDRESS	INSTRUCTOR

Register for C.H.E.K Practitioner Levels 1, 2, 3 and 4 online here: <http://tiny.cc/CPacReg>



CHEK Sports Performance Training Programs

Payment Plans Available *Canadian courses - add HST/GST

Classes Are Confirmed 30-Days Prior To Start Date *Do Not Make Travel Arrangements Until That Time

Early Bird Deadline	Paid in full by:	Prereqs Due	CHEK Golf Performance Specialist Whole In One Golf Conditioning			
			Early Bird Tuition: \$1,245.00 USD		Regular Tuition: \$1,395.00 USD	
			DATE	LOCATION	ADDRESS	INSTRUCTOR

Register for Golf Performance Specialist online here: <http://tiny.cc/GolfReg>

Early Bird Deadline	Paid in full by:	Prereqs Due	CHEK Tennis Conditioning Series Level 1			
			Early Bird Tuition: \$1,245.00 USD		Regular Tuition: \$1,395.00 USD	
			DATE	LOCATION	ADDRESS	INSTRUCTOR

Register for CHEK Tennis Conditioning Series online here: <http://tiny.cc/TennisReg>



CHEK Holistic Lifestyle Coach Program

Payment Plans Available *Canadian courses - add HST/GST

*Classes Are Confirmed 30-Days Prior To Start Date * Do Not Make Travel Arrangements Until That Time*

Early Bird Deadline	Paid in full by:	Prereqs Due	CHEK Holistic Lifestyle Coach Level 1			
			Early Bird Tuition: \$697.00 USD	Regular Tuition: \$747.00 USD		
			DATE	LOCATION	ADDRESS	INSTRUCTOR

Early Bird Deadline	Paid in full by:	Prereqs Due	CHEK HLC 1 Online PLUS			
					Regular Tuition: \$547.00 USD	
			DATE	LOCATION		INSTRUCTOR
N/A	2-Oct-17	N/A	November 1 - December 6, 2017	Worldwide Online Classroom	Wednesdays; AM Session 9:00 am - 11:00 am, PM Session 4:00 pm - 6:00 pm (Pacific Time)	Angie Chek (AM) and Jator Pierre (PM)

Early Bird Deadline	Paid in full by:	Prereqs Due	CHEK Holistic Lifestyle Coach Level 2			
			Early Bird Tuition: \$2,447.00 USD	Regular Tuition: \$2,597.00 USD		
			DATE	LOCATION	ADDRESS	INSTRUCTOR
29-Aug-17	30-Oct-17	30-Oct-17	November 29 - December 3, 2017	San Diego, CA - USA	C.H.E.K Institute - 3145 Tiger Run Court, Suite 101, Carlsbad, CA 92010	Angie Chek

Early Bird Deadline	Paid in full by:	Prereqs Due	CHEK Holistic Lifestyle Coach Level 3			
			Early Bird Tuition: \$3,097.00 USD	Regular Tuition: \$3,297.00 USD		
			DATE	LOCATION	ADDRESS	INSTRUCTOR
6-Sep-17	5-Nov-17	5-Nov-17	December 5-10, 2017	San Diego, CA - USA	C.H.E.K Institute - 3145 Tiger Run Court, Suite 101, Carlsbad, CA 92010	Paul Chek

Register for CHEK Holistic Lifestyle Coach online here: <http://tiny.cc/HLCReg>



Team CHEK Presenting at Conventions

Please visit the website or contact the organization holding the event for registration and full information

DATE	EVENT	TOPICS	PRESENTER
October 26-29, 2017	Canfitpro Fitness Expo - Vancouver, BC, Canada	CHEK faculty member, Carl Weston, will be presenting the following lectures and workshops: Thursday, October 26th :: 8:30 am – 4:30 pm :: Program Design: How to Excel at Designing Individualized Exercise Programs for Optimal Client Results, Saturday, October 28th :: 2:30 pm – 4:00 pm :: How to Improve Posture, Sunday, October 29th :: 8:30 am – 10:00 am :: Walking Tall: What Your Client's Gait Can Tell You Before They Even Speak	Carl Weston

CHEK Monthly Webinar Series

\$24.95 per webinar, or \$19.95 per month with a 12 month subscription

To register visit: <http://www.chekinstitute.com/webinar>

DATE	TIME	TOPIC	DESCRIPTION	PRESENTER
October 25, 2017	11:00am - 12:30pm PDT	Practice Your Coaching Skills	Using the questionnaires in How to Eat, Move and Be Healthy!, CHEK Faculty Member Angie Chek will go over the key points on how to effectively coach a person. Come to this webinar with your questionnaires filled out or have your clients' questionnaires ready. Angie will call on willing participants to coach each other on this dynamic call. Get ready to feel more confident in your coaching!!	Angie Chek
November 15, 2017	12:00pm - 1:30pm PST	TBA		Leigh Brandon
December 20, 2017	12:00pm - 1:30pm PST	Nutrition for Babies and Children		Annie Fairbanks, PhD

C.H.E.K Institute-Trained Professional Q&A Coaching Calls

Third Thursday of each month

Calls are for CURRENT C.H.E.K Institute-Trained Professionals ONLY - check your e-mail for log-in information

DATE	TIME	FOCUS	EVENT INFORMATION	CHEK FACULTY
October 19, 2017	12:00pm - 1:30pm PDT	C.H.E.K Practitioners - ECs, CPs and Sports Performance	Questions may be submitted to questions@chekinstitute.com . Please check your e-mail for the invitation to attend.	Carl Weston
November 16, 2017	12:00pm - 1:30pm PST	CHEK Holistic Lifestyle Coaches - HLCs	Questions may be submitted to questions@chekinstitute.com . Please check your e-mail for the invitation to attend.	Jator Pierre
December 14, 2017	12:00pm - 1:30pm PST	C.H.E.K Practitioners - ECs, CPs and Sports Performance	Questions may be submitted to questions@chekinstitute.com . Please check your e-mail for the invitation to attend.	Matt Wallden