

Your NASM certification demonstrates your commitment to excellence. In order to maintain your credential, you will need to meet the following renewal requirements:

RENEWAL REQUIREMENTS CHECKLIST:

- Completion of 1.9 CEUs (19 contact hours) within 2 years of certificate date**
 - Continuing Education activities are intended to promote the development of professional skills, knowledge and judgment. CEUs are awarded based on the number of hours spent in a structured educational format. **A minimum 1.9 CEUs (19 contact hours) is required for renewal.**
 - CEU credits from the following categories are accepted:
 - Category A: NASM Workshops, NASM courses, and authorized Continuing Education Providers.
 - Category B: Industry Contributions.
 - Category C: Accredited onsite college and university courses in accepted subject areas: Anatomy, Exercise Physiology, Sports Psychology, Nutrition, Kinesiology, and/or Physical Therapy.
 - Category D: CPR/AED certification - All CPR/AED courses are worth 0.1 CEU (one contact hour). Examples of approved providers include: American Heart Association, American Red Cross, and American Safety and Health Institute.

- Payment of the Renewal Fee (not applicable for Recertify For Life candidates)***
 - *Payment should include any applicable late fees.

- Submission of this completed application (Pages 2&3) including all CEU and CPR/AED supporting documentation**

Note: If you have CEU credits that do not fall into the above categories, you will need to complete the [NASM CEU Petition Application](#).

HOW TO SUBMIT

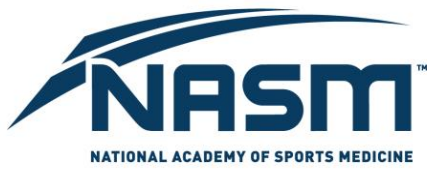
STEP 1: Fill out contact and continuing education information.

STEP 2: Make your payment online at www.nasm.org or by phone at 800-460-6276.

STEP 3: Sign and date this application.

STEP 4: Email **complete** documentation*. Please include:

- This application (with proof of a name change if applicable.)
- A copy of the documents that validate your earned CEUs.



CERTIFICATION RENEWAL APPLICATION

WHICH CERTIFICATION(S) ARE YOU RENEWING?

Certification	Certificate Number	Exp. Date	\$399* Recertify for Life	\$99 Renewal Fee	\$30 Late Fee**	Sub-Total
Certified Sports Nutrition Coach			\$	\$	\$	\$
Certified Wellness Coach			\$	\$	\$	\$
				TOTAL		\$

* Never pay another recertification fee for your certificate(s). One Recertify for Life payment will apply to all current NASM/AFAA certificates. You are still required to submit your recertification application and provide all supporting documentation each recertification cycle. Late fees still apply.

**A Late Fee is required for each application received 1-90 days after the certificate expiration date.

STEP 2: Make your renewal payment online at www.nasm.org or by phone at 800-460-6276.

IMPORTANT: We will only process paid in full and complete applications. All fees are non-refundable. Please allow 30 days for processing. We will attempt to contact you by email if your application is incomplete. If the application remains incomplete after 30 days, you will be required to resubmit your application and payment of any additional late fees.

STEP 3: SIGNATURE

- The information contained on this report is a true and accurate statement of my continuing education activities.
- I am aware that falsification of this report may result in the revocation of my credential.

Date: _____ Signature: _____

STEP 4: EMAIL THIS APPLICATION AND ALL SUPPORTING DOCUMENTS TO:

EMAIL: recerts@ascendlearning.com

*Application and supporting documentation must be submitted in one PDF file. Please do not send a Google drive link.