



# CERTIFICATE OF COMPLETION

*Benjamin Enlow*

---

has successfully completed the following  
24 hour program

## **Holistic Lifestyle Coaching Level 1**

Optimal Health & Fitness through Practical Nutrition & Lifestyle Coaching

DATE OF COMPLETION: December 13, 2023

PROVIDING ORGANIZATION: CHEK Institute

PROVIDER COURSE NUMBER:



*Paul Chek*

Paul Chek N.M.T., H.H.P  
Founder