

F2T 101 | AMBASSADOR COSTS



The **F2T** program supports the training and mentorship of three types of program ambassadors – the Fitness and Performance Specialist (**FPS**), the Peer Fitness Trainer (**PFT**) and the Wellness-Fitness Ambassador (**WFA**). Each designation will be recognized with an **F2T** certificate once a specific level of training and education has been achieved. Each designation must also meet specific continuing education requirements to maintain an active **F2T** membership.

To assist with budget planning, the estimated costs are outlined below. Costs are divided into two sections: the



initial minimum cost to become certified under the **F2T** program and the ongoing cost to maintain active certification (and **F2T** membership) status within a single two-year renewal cycle (see examples below). All prices are in U.S. dollars.

FITNESS/PERFORMANCE SPECIALIST (FPS) Advanced Level Training	PEER FITNESS TRAINER (PFT) Intermediate Level Training	WELLNESS-FITNESS AMBASSADOR (WFA) Foundational Level Training
Certification F2T 101 (In-Person) or equivalent \$999* 2 F2T Courses (excluding F2T 110) \$399 3 F2T Workshops \$49 <hr/> \$1,944 (+ tax)	Certification F2T 101 (In-Person) \$999* <hr/> \$999 (+ tax)	Certification F2T 101 Workshop \$49 <hr/> \$49 (+ tax)
Recertification (2-year cycle) 12 CECs \$298 1 F2T Challenge \$0 FPS Renewal \$99 <hr/> \$397 (+ tax)	Recertification (2-year cycle) 8 CECs \$199 1 F2T Challenge \$0 PFT Renewal \$99 <hr/> \$298 (+ tax)	Recertification (2-year cycle) 0 CECs \$0 1 F2T Challenge \$49 WFA Renewal \$99 <hr/> \$148 (+ tax)
Recommended Numbers 1 FPS / District	Recommended Numbers 1 PFT / District / Shift	Recommended Numbers 1 WFA / District / Shift / Station

LARGE DEPARTMENT (1300 Fire Fighters, 5 Districts, 4 Shifts, 40 Stations)			SMALL DEPARTMENT (220 Fire Fighters, 1 District, 4 Shifts, 7 Stations)		
5 FPS	20PFT	160 WFA	1 FPS	4PFT	28 WFA
Certification Costs (first year)			Certification Costs (first year)		
\$9,720+	\$19,980+	\$7,840	\$1,944+	\$3,996+	\$1,372
\$37,540+ (+ applicable taxes)			\$7,312+ (+ applicable taxes)		
Recertification Costs (every 2 years)			Recertification Costs (every 2 years)		
\$1,985*	\$5,960	\$7,840	\$397	\$1,192	\$4,144
\$31,625 (+ applicable taxes)			\$5,733 (+ applicable taxes)		

* Virtual **F2T** 101 costs are \$899 per person
 Limited time price reduction to \$799 in 2022 only

+ Calculations are based on \$999 per **F2T** 101 participant (in-person price)

