

**NOTE: If you are submitting a nomination for this award, the nominee will be notified and asked to complete the application.**

To qualify your application for judging you must provide all items requested in the application process. Any application with missing items will be disqualified. Open or print this checklist to help guide you.



### STOP: BEFORE YOU SUBMIT ONLINE

You must be an **active member with canfitpro**. Please [login to the member portal](#) to confirm your membership status.

Use this checklist to review your responses prior to submission.

A great place to start when completing your responses is to consider the question: *How do I stand out as a woman of influence in the fitness industry and how have I made an impact in the last year?*



### Provide a short bio

50 words or less about yourself (include social media handles, website links if applicable)



### Headshots

Email as attachments two (2) headshots to [awards@canfitpro.com](mailto:awards@canfitpro.com). Ensure the subject line of your email follows this format  
FIRST NAME LAST NAME NOMINATION

*\*These will be the images used in canfitpro marketing materials.*

Photo 1 - Headshot

Photo 2 – Action image



### Complete a Short Essay - 500 words maximum

You must show us how you demonstrate inspiration in the following areas:

Personal Courage

Mindset

Influence and Inspiration

Community Impact



### Provide link to your 1–3-minute video

Tell us how you embody the essence of the award. You may embed photos into the video, but you must appear on camera 50% of the time.

### FINAL TIP:

Share your application responses with a peer (someone who knows you or works with you –colleague or a client) to ensure your nomination best portrays you and includes your unique strengths and/or accomplishments.



**GO AHEAD: COMPLETE YOUR SUBMISSION, CLICK SUBMIT**