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## Option 1

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*These 2 completed prerequisites awards you with 1 hour of CE.*

1. Login to the TDL website at [www.tragerfordailylife.com](http://www.tragerfordailylife.com), and read the whole Practitioner section information. Tutorial to help you login: [www.youtube.com/watch?v=q2bzOcMKY4g&t=&ab\\_channel=TragerInternational](http://www.youtube.com/watch?v=q2bzOcMKY4g&t=&ab_channel=TragerInternational)
2. Create your personal TDL Practitioner profile, including your photo.

*Documentation: fill and send out the questionnaire #1 before November 30, midnight. Copy/paste [forms.gle/ZXrZTtsALxbQJRJRA](https://forms.gle/ZXrZTtsALxbQJRJRA) in your browser.*

*Cost: none*

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## Option 2

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*These 4 completed prerequisites award you with 2 hours of CE.*

1. Complete option #1 PLUS...
2. Share the TDL video in your network (e.g., social media, email, website, etc.). Available in 9 languages, links in attached document to this email, QR codes in the website, and playlist at [youtube.com/watch?v=ZkK9l13WnpA&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla](https://www.youtube.com/watch?v=ZkK9l13WnpA&list=PLdw-P1Oj0hzQU2Q12366r1Md8GuG71Jla)
3. Comment on one of the TDL Facebook public page posts at <https://www.facebook.com/TragerForDailyLife>
4. Become a member of the TDL Leader Resource Facebook group at <https://www.facebook.com/groups/398484953694158> and post something about your learning in that group

*Documentation: fill and send out the questionnaire #2 before November 30, midnight. Copy/paste [forms.gle/hMp3zDx9L9D9s6s58](https://forms.gle/hMp3zDx9L9D9s6s58) in your browser.*

*Cost: none*

*Practitioners who have a Facebook personal or professional page are requested to complete the Facebook-related tasks in option #2 and #4 to qualify for these CE credits. People who don't have a Facebook account are exempted from these specific items, but they are asked to provide examples of how they are actively spreading the TDL information in their network to replace these items.*

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### Option 3

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*These 3 completed prerequisites award you with 3 hours of CE.*

1. Complete option #1 and # 2 above PLUS...
2. Create one TDL class plan, set a day and time for it, and post in on the TDL website
3. Promote your class in your network (e.g. social media, email, website, etc.)

*Documentation: fill and send out the questionnaire #3 before November 30, midnight. Copy/paste [forms.gle/QBMkrKPZa2J3DERT8](https://forms.gle/QBMkrKPZa2J3DERT8) in your browser.*

*Cost: none*

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### Option 4

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*These 3 completed prerequisites award you with 4 hours of CE.*

1. Complete options #1 #2 and #3 above PLUS...
2. Conduct the class you advertised, even if only 1 participant shows up
3. Post a sharing about your class (successes, challenges, questions, etc.) on <https://www.facebook.com/groups/398484953694158>. You will receive praise from the TDL group if you include a photo!

*Documentation: fill and send out the questionnaire #4 before November 30, midnight. Copy/paste [forms.gle/SzuC6WJ48ygjfVmu5](https://forms.gle/SzuC6WJ48ygjfVmu5) in your browser.*

*Cost: none*

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### Option 5

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*These 2 completed prerequisites award you with 6 hours of CE.*

1. Complete options #1, #2, #3, and #4 above PLUS...
2. Complete a minimum of a 2-hour tutorial with a TDL Mentor or a Tutor to plan one TDL class.

List of resources in the Practitioner section of the TDL website, under item "List of Available Mentors"

*Documentation: fill and send out the questionnaire #5 before November 30, midnight. Copy/paste [forms.gle/fkSTAjwRsNSfsFKv5](https://forms.gle/fkSTAjwRsNSfsFKv5) in your browser.*

*Cost of tutorial determined by TDL Mentor or Tutor*