

National Academy of Sports Medicine

has conferred upon

Jalen Cai

the certification of

Certified Nutrition Coach

with all the honors, rights, privileges and responsibilities pertaining thereto.

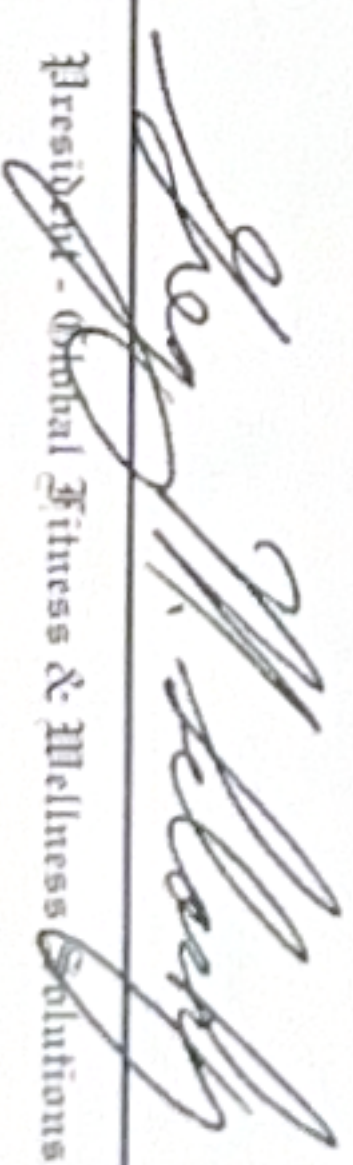
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Certificate Number

1/14/2026

Expiration Date




President - Optimal Fitness & Wellness Solutions



Dear Jalen Cai,

Congratulations! You are now certified through 1/14/2026.

NASM is pleased to have you as a certified professional and we acknowledge your efforts and commitment to transform lives. We would like to make you aware of the recertification process for this credential. The NASM Certified Nutrition Coach certification expires every two years and requires a retake of the examination. The exam completion will reset the validation period of the credential (two years from the new completion date).

For the most current information about recertification, please refer to NASM's website. If you cannot find answers to your questions, please contact NASM Member Services at **1-800-460-6276**.

Thank you for your continued support and we look forward to remaining your partner in fitness!

In Health,

National Academy of Sports Medicine