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**Assignment**

**Friends/Family Training Self Reflection**

Remember, there are no right and wrong answers here. But do take the time to think through everything clearly, especially in terms of how things went during your training sessions with your friends or family.

So let’s look at the questions that you can ask yourself in this self reflection exercise?

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**Question 1**

Starting with the initial assessment, how do you think that went overall?

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**Question 2**

Did you manage to get all the information you needed to help your “client” towards a goal that was realistic and attainable?

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**Question 3**

Can you name any parts of the overall assessment where you think you can improve? Tip: Look through the client feedback form filled in by your friends and family members as a guideline in this regard.

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**Question 4**

How long did each personal training session take with your “clients”? Did you run it as you would a training session with a paying client, or was it more a case of going through the motions?

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**Question 5**

How many exercises did you include in each specific exercise program? Was it enough or do you feel, in hindsight, you could have included more?

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**Question 6**

Do you think you could have managed the time and transitions between exercises better?

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**Question 7**

If you answered yes to question 6, how could you have done so?

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**Question 8**

Identify three areas where you feel things went wrong during these training sessions with your “clients”.

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**Question 9**

How can you improve on this in the future?

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**Question 10**

Identify three areas where you feel things went right during these training sessions with your “clients”.

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**Question 11**

Do you think there are any tools, ideas or concepts that you could have used to make your training programs more efficient?

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**Question 12**

How did you make up for a lack of equipment for sessions that didn’t take place at the gym? Was it a hindrance?

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