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**Client**

**Feedback Sheet**

Thank you for taking the time to allow me to conduct a fitness assessment and then draw up an exercise program for you. Please could you fill in this feedback sheet to highlight areas where you think I excelled and areas I can improve on? Please be as honest as you can, it’s the only way I can see where things are working well and where I could have done better. Your honest will help me to improve myself as a personal trainer.

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| **Communication** |

Please give me an overall rating from 1 (very poor) to 10 (excellent) with regards to my communication skills during your overall experience. \_\_\_\_\_

Please give me an overall rating from 1 (very poor) to 10 (excellent) in terms of the written material (handouts) that you received from me during our sessions. \_\_\_\_\_

If you have any suggestions as to ways in which I could improve communication with my clients, could you please write them down below.

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| **Fitness Assessment** |

With regards to the fitness assessment, do you think I handled it in a professional manner? If you could make any suggestions as to where you think I could have improved, please include them below.

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Did I fully explain each test I was having you do and the reason I was having you do it?

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Do you feel that during the assessment, together we were able to clearly establish goals?

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Did I convey the way in which I could help you achieve those goals?

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If there anything you would like to add regarding the fitness assessment?

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| **Exercise Program** |

With regards to the exercise program I initially drew up to help you achieve your goals, was it easy to understand and did I explain it in a proper manner? \_\_\_\_\_\_

If not, how could I improve on this?

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Was the exercise program easy to follow and did it fit in with your overall level of fitness when you started? \_\_\_\_\_\_

If not, did you find it too easy or too difficult to complete at each session? \_\_\_\_\_\_\_\_\_\_\_\_

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| **Personal training sessions** |

Please give me an overall rating from 1 (very poor) to 10 (excellent) with regard to how I conducted our personal training sessions. \_\_\_\_\_\_

In what areas do you think I did well?

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In what areas do you think I could improve?

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If there anything you would like to add regarding the personal training sessions?

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| **Personality** |

While a personal trainer’s knowledge when it comes to fitness and training is critical, so is their personality. Please answer these questions relating to that.

Did I greet you warmly each time we met? \_\_\_\_\_

Do I seem approachable? If you didn’t know me, would you ask me to help you at a gym, for example, with equipment or a certain exercise? \_\_\_\_\_

Did I smile often? \_\_\_\_\_

Is there anything else that you can add about my personality that you liked or where you think I could improve?

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