**Worksheet**

**Potential Interview Questions**

Preparation is key for an interview, especially when it comes to trying to land your first job as a personal trainer.

Taking the time to actually think about the questions that an interviewer might ask you and formulating answers for them is certainly the right way to go about things. And in our guide, we’ve proved you with a list of 27 questions, some of which will certainly come up during your interview.

So the aim of this worksheet is to take the time to formulate the answers to those 27 questions as a way to prepare for your first interview. It’s something that you can come back to time and time again to adjust your answers till you think they are the best they can possibly be.

And this doesn’t have to be a solo effort either. Hook up with a couple of trainers who have also recently received their certifications and formulate the best possible answers together.

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| **Questions** |

**Question 1**

Why do you want to work as a personal trainer in the field of fitness?

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**Question 2**

Why did you choose your specific certification?

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**Question 3**

What period of time did it take for you to complete your certification?

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**Question 4**

What areas did your certification cover?

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**Question 5**

Did you pass the exam on the first attempt?

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**Question 6**

Are you aiming to study further?

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**Question 7**

Where do you see yourself in five years? Will you look to specialize?

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**Question 8**

What are your three best strengths?

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**Question 9**

What do you see as your weaknesses?

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**Question 10**

Keeping clients motivated can be a challenge. How do you handle that?

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**Question 11**

Conflict in the workplace can happen. How do you deal with conflict?

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**Question 12**

How do you deal with rude or challenging clients?

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**Question 13**

How do people generally describe your character?

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**Question 14**

Are you able to work flexible hours?

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**Question 15**

What can you offer us should we employ you?

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**Question 16**

Why are you the best person for this job?

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**Question 17**

What are two exercises that you invariably include in every workout program you devise?

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**Question 18**

What experience do you have as a personal trainer?

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**Question 19**

Growing a client base is crucial to a new personal trainer. How will you go about that?

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**Question 20**

With new trends always coming to the fore in the fitness industry, how do you plan on keeping up to date with them?

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**Question 21**

To you, what is great customer service?

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**Question 22**

How do you go about building up a relationship with a possible client who is currently training on their own in the gym?

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**Question 23**

Do you see yourself as a team player?

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**Question 24**

Is time management a strength of yours?

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**Question 25**

Would you turn a client’s business away? If so, for what reason?

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**Question 26**

As a new personal trainer, why should we hire you over someone who has far more experience?

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**Question 27**

What are your salary expectations?

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