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**After Session Questions**

As a personal trainer, it’s important to find out those factors that might be affecting your clients, their motivation levels and their ability to train. For many, outside influences can certainly have an effect, for example, stress at work and home which leads to unhealthy eating. You could even ask them questions regarding how they feel the sessions are going. Are you pushing them enough or are you pushing them too much?

So use the couple of minutes at the end of a training session to ask questions such as:

* Did they have issues with any of the exercises, length of reps or intensity levels?
* How did they feel after training?
* Are they implementing the changes you suggested when they are away from the gym?
* How are their motivation levels?
* What are they finding to be a struggle, if anything?
* What factors outside of the gym environment are proving difficult to overcome and which could sabotage their efforts?

What other questions do you think you could ask clients in this kind of situation? Take the time to think of at least five and write them down below.

**Question 1:**

**Question 2:**

**Question 3:**

**Question 4:**

**Question 5:**