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**Client Accountability Form**

**Client Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

As a personal trainer, one of the most difficult things in coaching clients is the fact that I have no way to help them once they step out of the gym. At work or at home, they are accountable for their actions.

And sometimes, clients sabotage their best efforts in the gym when they are away from it. They do this either by eating unhealthily as an example but perhaps worse, not doing their exercise “homework” that they have agreed to carry out between sessions at the gym.

Below are certain situations as examples. What I would like you to do is to tell me the response you would expect in those situations.

1. **The first time you are not prepared for a meeting/session in which you had to do specific tasks, what action would you prefer I take? (Please tick your answer)**

Rather reschedule the meeting for another time when it’s more convenient \_\_\_\_\_

Rather go ahead and discuss reason why you weren’t prepared \_\_\_\_\_

1. **If this happens again**, **what action would you prefer I take? (Please tick your answer)**

Rather reschedule the meeting for another time when it’s more convenient \_\_\_\_\_

Take a time out from our partnership so you can deal with any issues you have \_\_\_\_\_

1. **The first time you do not complete the necessary work given to you to reach certain goals, what action would you prefer I take? (Please tick your answer).**

Together take the time to look at the reasons why and find solutions \_\_\_\_\_

Rework everything to make the goals easier to achieve\_\_\_\_\_

1. **If this happens again**, **what action would you prefer I take? (Please tick your answer)**

Take a time out from our partnership so you can deal with any issues you have \_\_\_\_\_

Rework everything to make the goals easier to achieve\_\_\_\_\_

1. **Should problems persist and you constantly fail to reach the goals or do the work set out for you away from the gym, what action would you prefer I take? (Please tick your answer)**

Relook at our initial coaching agreement and revise if necessary \_\_\_\_\_

Stop our coaching relationship altogether \_\_\_\_\_