



## Personal Training Client Feedback Form

Please take a moment to tell us a bit about your training experience, and return this form to Samantha, Meagan, or Izaak at your convenience. Your answers will be kept confidential.

On a scale of 1-10 how would you rate the following?

Trainer's Knowledge, Skill, and Professionalism

- Knowledge of health and fitness
- Punctuality and preparation for each session
- Skill in teaching proper exercise techniques
- Ability to adapt training to your goals and fitness level
- Ease of scheduling
- Communication skills
- Enthusiasm and motivational skills
- Overall Experience

High				←→		Low			
Satisfaction						Satisfaction			
10	9	8	7	6	5	4	3	2	1
10	9	8	7	6	5	4	3	2	1
10	9	8	7	6	5	4	3	2	1
10	9	8	7	6	5	4	3	2	1
10	9	8	7	6	5	4	3	2	1
10	9	8	7	6	5	4	3	2	1
10	9	8	7	6	5	4	3	2	1
10	9	8	7	6	5	4	3	2	1

How many sessions have you had with your trainer?

How have you benefitted so far from your training?

What do you enjoy most about training?

What do you enjoy least about training?

Any other comments or suggestions for your trainer?