

## Personal Trainer Evaluation

**Note to Training Client:** Please read through this evaluation form beforehand so you are familiar with the criteria. Be sure not to let anyone know you are evaluating them. Complete this evaluation form promptly so you can provide very specific comments and examples.

*Return the completed evaluation form in the secure file slot Labeled "Evaluations".*

Training Client(optional): \_\_\_\_\_ Personal Trainer: \_\_\_\_\_

1. Is your trainer on time for your session? YES NO
2. Does your trainer greet you warmly at the start of your session? YES NO
3. Does your trainer ask you about how your body is doing? YES NO
4. Does your trainer inquire about your workout or homework adherence and progress towards goals? YES NO
5. Does your trainer appear organized, prepared and have a plan for your workouts? YES NO
6. Does your trainer dressed appropriately (athletic, professional, uniform)? YES NO
7. Does your trainer explain the format of your workout and what you could expect? YES NO
8. Does your trainer teach an adequate warm-up (low intensity/low impact) for 5minutes? YES NO
9. Does your trainer offer options and modifications for movements when needed? YES NO
10. Does your trainer regularly provide postural and technique alignment cues? YES NO
11. Are the workouts challenging but realistic? YES NO
12. Do the workouts appear to be well balanced? YES NO
13. Do the workouts seem safe? YES NO
14. Are the workouts creative, dynamic and fun? YES NO
15. Does your trainer give you an adequate cooldown and stretch? YES NO
16. Does your trainer personally spot and adjust your technique? YES NO
17. Does your trainer stop you if you are performing an exercise incorrectly to re-adjust technique? YES NO
18. Does your trainer have their focus and attention on you? YES NO
19. Does your trainer offer regular positive feedback, specific praise and regularly acknowledge your successes? YES NO
20. Does your trainers' cueing and instruction effective? YES NO
21. Does your trainer use verbal, visual and kinesthetic cueing techniques? YES NO
22. Does your trainer take notes regularly throughout the session? YES NO

23. Does your trainer introduce you to other clients and foster the development of friendships and community? YES NO
24. Does your trainer provide educational fitness facts and information? YES NO
25. Does your trainer announce upcoming events and encourage your participation? YES NO
26. Does your trainer finish the sessions on time? YES NO
27. Does your trainer have you sign in at the beginning/end of your sessions? YES NO
28. Is your trainer approachable, personable, positive and appear to be happy during your sessions? YES NO
29. Does your trainer answer your questions professionally? YES NO
30. Do you feel your trainer clearly explains exercises, drills, muscles involved and benefits? YES NO
31. Does your trainer only ask you to do things you are comfortable doing? YES NO
32. Does your trainer communicate well with you? YES NO
33. Does your trainer oversee your entire health and fitness program? Ie. Explain to you what you need to do outside of your sessions with them, Nutrition guidance, Goal Setting... YES NO
34. Does your trainer regularly reassess, monitor progress and make program updates at least every few months? YES NO
35. In the event you have had to work with another trainer in the past, did your current trainer provide the substitute trainer with adequate instruction so they were aware of your abilities/limitations? YES NO
36. Do you feel your trainer remembers things that you tell them? YES NO
38. Is there anything that your trainer could be doing differently to service you better?

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39. What benefits have you achieved by working with this trainer? Are you achieving your goals?

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41. Would you refer a friend to this trainer? YES NO

42. Further Comments:

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