



Testimonial Request Form

I would like to thank you for taking the time to provide a testimonial about your participation in one of my programs. This will be very helpful for letting others know exactly what I do as a Health Coach and how I can specifically provide them the support they need to reach their own goals.

Below you will find some fill in the blank questions to guide you in writing your testimonial. Don't worry about completing all of them or giving the "perfect answer." Just respond to the questions that truly resonate with you, be as open and honest as possible, and have fun sharing your experience!

Sincerely~Lynn

1. My top goal/s upon starting the challenge/program were

2. My coach was able to help me work toward these goals by

3. The biggest tangible change I have noticed since beginning the program has been

4. The most significant overall change I have noticed has been

5. I would describe my coach as

6. I would recommend my coach to

7. Other comments and feedback:

8. Can I state your first name and use your testimonial on my website and other marketing materials?

_____Yes _____No

Signature: _____

Date: _____