

Personal Trainer Evaluation Form

Please complete this form and then stick in the envelope that says trainer evaluation forms. This will take approximately 10 minutes and really lets up know how our trainers our performing so please take time to answer the questions as accurately and detailed as possible, your time is much appreciated. At the end of your session with your trainer please fill this out in the office with the trainer not present so there is no pressure to not answer the questions honestly.

*Thanks for your time and cooperation,
Andrea Norton- Personal Training Manager*

Name:

Email:

Date:

Trainer Name:

Number of sessions/weeks/months with trainer:

- 1) Was your experience with your trainer pleasant? Please elaborate

- 2) What was your client-trainer relationship like? (i.e. fun, boring, competitive, relaxing ect.)

- 3) Did you always train inside of ping or did your trainer take you to various places around campus? If they did please list where you went to exercise.

- 4) Did you reach your fitness goals or do you feel like you will meet your fitness goals?

- 5) Were your sessions boring or you felt like you constantly did the same thing?

- 6) What kind of things exercises/activities did your trainer do with you to keep things fresh and exciting?

- 7) What kind of nutritional advice/counseling did your trainer give you, if any?
- 8) Did your trainer motivate you to keep on your goals or make higher goals? Please elaborate.
- 9) Did you feel like your trainer was ever judging you?
- 10) Would you like to train with this trainer again?
- 11) Overall how would you rate Ping's Personal Training program? (1=lowest 10=highest)