

Testimonial Help... These are the types of questions I'd like you to ask yourself... and please feel free to add any information you think is pertinent!!

Name: _____ Age: __Not necessary__ Profession: _____

- 1) What is the best part about training with me?
- 2) What sort of changes did you experience when training with me?
- 3) If you could describe me in one word, what would it be?
- 4) What types of things did you learn while working with me?
- 5) What do you think was the most valuable advice I gave you?
- 6) Would you recommend me to your friends/family? and why...?
- 7) Is there anything you think I could change to make my training/advice better for someone like you?
- 8) If you could rate the training on a scale of one to ten what would I rate and why...?
- 9) What is your favorite exercise?
- 10) What areas of your life have improved since seeing me?
- 11) Can I improve on anything in order to become a better trainer?
- 12) What did you learn?

THANK YOU SO MUCH for your help!

-Ben