

# Northwest Personal Training On-Floor Evaluation

Personal Trainer: \_\_\_\_\_ Client: \_\_\_\_\_

Date and Time of Session: \_\_\_\_\_

Name of Evaluator: \_\_\_\_\_

- Arrives early and prepared for session
  - Appropriate attire, hygiene and speech
  - Gives a warm greeting to client
  - Checks with client on the status of their workouts/fitness routine
  - Has client sign in for session
  - Finishes session on time
  - Teaches exercises using an appropriate style (explain, demonstrate, client practices, quizzing)
  - Session is dynamic and interactive
  - Offers regular and appropriate eye contact
  - Body language demonstrates focus and attention on client / Hands-on spotting
  - Offers regular positive feedback and regularly looks for and acknowledges client success
  - Uses client's name
  - Offers at least one new exercise, a new fitness fact, or provides written literature for client
  - Spends the last few minutes of session stretching/nurturing
  - Announces upcoming events/seminars and Encourages Participation
  - Gives something for client to work on until next session
  - Client exercising at correct training level
  - Client demonstrates full control and excellent technique during session
  - Exercise choices are safe and exercise sequence effective - Displays an exceptional knowledge of anatomy / biomechanics of movement / equipment usage / modifications
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- Method of tracking client progress is professional and effective. I could cover your client and based on the current file, would have no problem knowing exactly what to do with them and how to train them safely and effectively.

1. The things I thought were terrific about your session:

2. Questions I have regarding your session:

3. My ideas for improvement:

4. Two goals to work on in the next 3-6 months:

1. \_\_\_\_\_ Goal Date: \_\_\_\_\_

2. \_\_\_\_\_ Goal Date: \_\_\_\_\_