

*Fitt and Fabulous*  
*Personal Trainers Evaluation*

*Name Gabrielle*  
*Age 23*

Testimonial your personal opinion about Raquel and her personality and style, as a Personal Trainer and as an individual.

Please be honest and tell me how you feel you don't have to be nice.

**I been training whit her for the second time now and she understand perfectly what I need to improve myself.. She is great**

How does Raquel of Fitt and Fabulous differ from your experience with other trainers, or your idea of how a trainer is supposed to be? **Ex. Educated, explaining the exercise, correct proper form**

**The exercises are well explained and well demonstrated, Raquel was referred to me by a friend of mine and unlike other personal trainers she is diverse and thinks outside the box.**

How does Raquel of Fitt and Fabulous conduct her involvement with you as the client when training? **Ex. Hands on, encouraging, pushy, not attentive.**

**She is very attentive and want to see a difference in my body so she is encouraging me all the time**

What do like about the style of Raquel of Fitt and Fabulous training? **Ex Intensity level, variety of exercise.**

**I love the circuit that she made me is fun and difficult at the same time**

How is Raquel's personality while training with you? **Ex. Fun, upbeat, drill sergeant tough, mean etc.**

**She is fun and cute**

What has been your progress since training with Raquel? **Ex. Motivating, goals met, more educated.**

**The first time I lost weight and my arm got smaller, this time I will see but my goal is to get in shape and also to lose fat in my leg**

Would you recommend Raquel of Fitt and Fabulous as a Personal Trainer if so why?  
**Yes, I will recommend her 4 sure!**