

Fitt and Fabulous
Personal Trainers Evaluation

Name Joelle Racine
Age 35 ANS

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.

JE L'AI TROUVER TRÈS BONNE ET EFFICACE ELLE AIDE BEAUCOUP MORALEMENT

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**

EXPLIQUER LES EXERCICE EFFICACE POUR QUEL PARTIE DU CORPS, ET COMMENT LES FAIRE.

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

BEAUCOUP D'ENCOURAGEMENT AU LONG DE L'ENTRAINEMENT

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

GENTILLE BONNE HUMEUR ENTRAINANTE

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

PERSEVERANTE, AIDE TOUT LE LONG DE L'ENTRAINEMENT

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

PERDU 35 LBS, AIME FAIRE DE L'EXERCISE MAINTENANT

Would you recommend Raquel of Fitt and Fabulous as a Personal Trainer if so why?

PARCE QUE C'EST UN BON TRAINER