

***Fitt and Fabulous***  
***Personal Trainers Evaluation***

***Name Nandi Cox***  
***Age***

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.

**Very knowledgeable and a good instructor**

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**

**Very educated and is able to explain and demonstrate proper form accurately and makes sure you do it properly. Other trainers I had explained technique once and moved on to the next exercise they never really paid attention to my form.**

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

**Very hands on and attentive, she is able to keep you motivated and focused.**

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

**Intensity levels the high and low impact gets your heart rate up and brings it back down which works well for me.**

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

**Up beat and attentive to what the trainee is doing she is right by my side and even does the exercise with me which is extremely motivating.**

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

**I am more educated. However I have not been attending regular sessions. If I was, I'd see more tone in my body**

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

**Yes because she is very motivating and educated on the work she does.**

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