

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

***Name: Rym***  
***Age: 21***

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 absolutely love her personality, she is fun, entertaining, someone you can speak to, even it's personal problems. Raquel is not only a personal trainer, but also a friend. Very competent, I noticed some differences only a few days after I first started working out with her. She knows her things, anytime I ask her a question about anything related to health, she knows how to answer it.**

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**

**She emphasizes a lot on the proper form to have when working out, which I realize was important since no other trainer has told me about that before. She's very creative, which is something I admire the most, it gets boring when one is always training with the same machines at the gym, so working out with Raquel is definitely more fun.**

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's attentive to every single move I make for every work out, and is very encouraging.**

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

**The variety of exercise, the different concept she has. It's definitely more fun, more intense and energy consuming than working out at the gym, or just doing cardio.**

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

**She's fun, but also tough and serious at the right moments. She definitely helps me push myself more than I ever thought I could by being tough.**

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

**I definitely like my body much better, I eat properly which makes me feel more healthy. I am not done attaining my goals yet, but I definitely feel I am on the right path.**

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

**I definitely would since her personality is great, she is organized, she offers help in both nutrition and training, and her methods are innovative, different and original.**