

Coach: _____

SATISFACTION QUESTIONNAIRE.

Personal coach assessment sheet.

	BETTER THAN EXPECTED.	ABOVE AVERAGE.	ACCEPTABLE.	POOR.	NOTES
1. - How satisfied are you with your personal trainer.					
2. - How satisfied are you with your training program.					
3.- Evaluate the following items:					
a) Punctuality.					
b) Explanations.					
c) Examples for better understanding.					
d) Protocols.					
e) Progression of intensity and difficulty.					
f) Variety of activities.					
g) Modifications due to personal needs.					
h) Attention to my work.					
i) Feedback					
j) Motivation.					
k) Fun.					
l) Objective achievement.					
m) Safety.					
n) Proper use of resources.					
o) Commitment and enthusiasm.					
p) Technical accuracy.					
q) Solve unexpected issues.					
r) Session planning.					
<i>What made you made you feel more satisfied was.....</i>	<i>What made you feel less satisfied was....</i>				
<i>Will you count on this personal coach again</i>	YES		NO		

Athlete: _____

MY ATHLETE PERFORMANCE.

HIGHLY IMPROVED SKILLS.	STILL NEEDS IMPROVEMENT.
<p><i>If I had to develop the training program again, I would change. Why?</i></p>	
<p><i>I, as a coach, feel especially proud of...</i></p>	