

# Choosing the Right Trainer for You Checklist

Provided by:



## TRULY MADLY FIT

**Congratulations** for deciding to get fit and get healthy! You've made a fantastic first start by requesting this checklist.

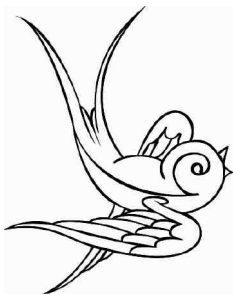
I believe that many people get started with fitness and despite having a personal trainer stall out, not because the trainer isn't good at his or her job and not because the person who has hired the trainer lacks motivation. **I believe it is because the trainer is not a good match for the person who wants to get fit.**

This check list is for you. **It is designed to help you get clear on what kind of trainer would be right for you** and to help you make the right choice for your unique situation.

The right trainer will match not only your goals but also your personality. They will be able to assess your abilities and fitness levels and match them to activities that will motivate you, that you will enjoy, and that will help you get and stay fit for the long term.

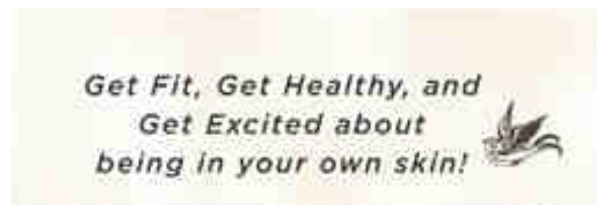
Fitness is not like other products or services that you purchase. **Muscles and strength are not something you can buy today and have tomorrow.** Unlike an outfit, must invest in your fitness over the long term and you must participate. That said, when you choose the right person, this activity will be enjoyable AND will help you stick to it for years to come.

Your trainer is about you. If you enjoy martial arts, an instructor who specializes in "danceroobics" may not be a good fit for you. that's why you need to ask questions and be a savvy consumer



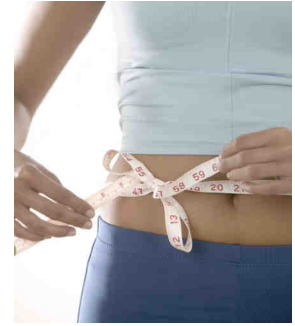
### How to use this checklist

Interview each trainer you are considering. Ask the questions in the second box and note the answers each trainer gives. Based upon your own needs, the trainer who's answers most closely match yours are your first pick.



**I believe** (circle one for each question):

- Yes / No Fitness should be fun
- Yes / No I want results fast
- Yes / No I am shopping based on price alone
- Yes / No I am shopping based upon whether my schedule can be accommodated
- Yes / No I understand fitness is a long term commitment



I prefer working out in: large groups / small groups / alone

I want to be fit because:

(Enter your reason(s) here so you can discuss them with the trainers as you interview them)

The trainer:	Trainer One <u>Truly Madly Fit</u>	Trainer Two	Trainer Three
Believes Fitness should be fun	<u>Yes</u>		
Agrees with or understands why I want to be fit			
Has experience with people who are like me and have similar fitness goals			
Believes training can only happen at a gym	<u>No</u>		
Believes training can happen at my home	<u>Yes</u>		
Will work with me the way I prefer (large group classes/small group/alone)			
Understands that nutrition is important to fitness	<u>Yes</u>		
Has resources to assist me with nutrition	<u>Yes</u>		
Believes in keeping the big picture in mind while we work towards smaller goals.	<u>Yes</u>		
Is the cheapest one	<u>No</u>		
Has (how many) years or experience.	<u>3 Years</u>		
Has a cancellation policy I can agree to			
Believes that fitness is part of a persons lifestyle	<u>Yes</u>		
Believes that weight loss is not a one size fits all formula	<u>Yes</u>		
Understands that you will have ups and downs in your fitness journey	<u>Yes</u>		
Believes that fitness is achievable at any age	<u>Yes</u>		
Believes you can get fit without the fancy machines at the gym	<u>Yes</u>		
If I am recovering from an injury.			
Does this instructor have PT resources?	<u>Yes</u>		
Do I have reasonable expectations as to what the trainer is able to do?			
What degrees/certifications does this trainer have?			
Do I like this trainer?			
Do I believe that this trainer can help me get to my fitness goals?			