

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

***Name YOUMNA SALAMÉ***  
***Age 34***

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.

**Raquel is a very nice person. She loves her work and she does it very well.**

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 explains very well the exercise and insists on the proper form. She's very attentive. She's got a large variety of exercises from building muscles to stretching.**

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 very encouraging and motivating.**

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

**I like the fact that she understands the intensity level that I want**

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

**Nice and professional**

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

**Very motivating and more educated**

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

**Yes because Raquel is very professional and she understands exactly what is my goal. I personally like the fact that she has a background of ballet dancer which make her variety of exercises even larger.**

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