**Feedback Form**

**Your Name (optional):**

**1. On a scale from 1-5 please rate your MW Boot Camp experience**

1--poor

2--fair

3--good

4--great

5--excellent

**2. Did you find the MW Boot Camp easy to follow?**

Yes

Somewhat

No

If you answered no, please explain:

**3. Why do you come to MW Boot Camp?**

**4. What are your fitness goals?**

**5. Please complete this statement: "I would add more \_\_\_\_\_\_\_ to MW Boot Camp"**

Cardio

Strength training

Tools (bosu's, TRX, kettle bells, etc)

Core and flexibility

Nutrition info

None of the above, it was good the way it is

Other:

**6. I found my coaches motivational and informative in these areas:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Poor | Fair | Good | Excellent |
| Exercise |  |  |  |  |
| Nutrition |  |  |  |  |
| Weight Loss/Gain |  |  |  |  |
| Time Management Skills |  |  |  |  |

**7. I found the best results from MW Boot Camps to be:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Poor | Fair | Good | Excellent |
| Weight Loss |  |  |  |  |
| Muscle/Strength Gain |  |  |  |  |
| Flexibility |  |  |  |  |
| Core Strength |  |  |  |  |
| Knowledge |  |  |  |  |

**8. Please feel free to comment on anything you like. All positive criticism is welcome as it is YOUR Boot Camp, and we want to make it the best for you!**

**Please help us help you! List up to 3 friends and their contact numbers and if one or all of them sign up you will be eligible for 1 month of Boot Camp FREE!**

**Thank you so very much for taking the time to complete our feedback form. It has been just awesome having you attend MW Boot Camps. We hope to see you at many more of our Boot Camps.**

**Cheers,**

**Mike, Adinda, Pipit, Andri**