

Questions to Ask Yourself When Programming

- 1** How does this fitness assessment fit with my client's specific goals?
- 2** What sort of life factors are they experiencing (e.g., sitting all day, raising small children, prior injury) that you need to consider?
- 3** What metrics am I tracking that specifically tie to their goals as they improve?
- 4** How often am I re-assessing their program to ensure they're getting the most out of it?
- 5** How am I communicating the value they're getting from my knowledge and experience?
- 6** How am I coaching them through difficulty so they can find success with me?

