

Fitness Client Check-In **QUESTIONS**

Checking in with your individual clients once a week is a great way to show them how much you care about their progress and, ultimately, drive retention. Remember: personal and open-ended questions will trigger more in-depth responses, which will foster a stronger connection between you. Here are some questions you can use to help create a template that you can go through during each check in.

- 1. What were your goals for this week? Did you achieve them?
Why or why not?**
- 2. Did you complete all of your assigned workouts? Why or why not?**
- 3. How much sleep did you get/water did you drink/steps did you take, on average?**
(Tailor this question based on habit goals you and your client have set).
- 4. What has your motivation level been at on a scale of 1-10?
What about your stress levels?**
- 5. What factors have contributed to your motivation and/or stress levels this week?**
- 6. List 3-5 wins or milestones you achieved this week.**
- 7. List 3-5 challenges you dealt with this week.**
- 8. What are your goals for next week?**