

FITNESS WARRIORS

Mentor Feedback Form

This form provides a list of important aspects a Warrior trainer should be exhibiting during the class training process. Mentors should give candid feedback – both supportive and constructive.

Date: _____

Warrior: _____

Mentor: _____

- Warrior is ahead of time to set up

- Warrior greets participants with a smile and enthusiastic demeanor

- Warm up is adequate length and appropriate fitness level

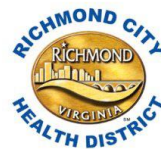
- Warrior transitions to body of routine smoothly from the warm up

- Warrior's voice can be heard at the back of the room

- Music is appropriate and not too loud

- Warrior encourages group as a whole and weaker participants

- Warrior points out form and technique (gives good feedback and corrects without embarrassing participants)



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- Warrior provides modifications when needed
- Warrior is mindful to provide rest periods and water breaks, as needed
- Warrior pays attention to individual participants and is strengthening their relationship with them
- Warrior shows confidence in abilities and transitions to new movements seamlessly
- Warrior maintains friendly demeanor and high energy throughout the class
- Warrior gives safety instructions
- Warrior gives verbal and physical cues
- Any notable strengths or specific areas which need improvement

Mentor signature: _____

Date: _____

Warrior signature: _____

Date: _____

