

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]

[Trainer's Name]
[Gym Name]
[Gym Address]
[City, State, Zip Code]

Dear [Trainer's Name],

I hope this message finds you well. I am writing to formally evaluate our training sessions over the past [duration].

1. ****Personalized Program:****

- Feedback on program customization: [insert feedback]

2. ****Knowledge and Expertise:****

- Assessment of training techniques and exercise knowledge: [insert feedback]

3. ****Motivation and Support:****

- Evaluation on motivational strategies and support: [insert feedback]

4. ****Communication:****

- Thoughts on communication style and effectiveness: [insert feedback]

5. ****Overall Experience:****

- Summary of overall experience and progress: [insert feedback]

Thank you for your dedication and support during our training sessions. I appreciate your guidance and look forward to your thoughts on my evaluation.

Best regards,

[Your Name]