



## TESTIMONIAL FORM

We think you ROCK and we hope you feel the same about Heavy Metal Fitness! Would you mind giving us a short testimonial for our website? We'd love to hear your thoughts about how your training is going. I've included a few questions if you need a quick start, or you can write whatever you want. You can also email this form to [tracy@heavymetalfitness.com](mailto:tracy@heavymetalfitness.com), or fill out the questions online at <https://www.heavymetalfitness.com/testimonial-form/> We really appreciate your time - thank you so much!

**Why did you choose Heavy Metal Fitness?**

**What were your top fitness goals?**

**How is your trainer helping you achieve your fitness goals?**

**What did you particularly like about your trainer's approach or delivery? How would you summarize your experience as a whole?**

**What would you like others to know about Heavy Metal Fitness?**

**May we share your testimonial or image on social media like Facebook or our website?    YES    NO**

**Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Parent or Guardian if under 18:** \_\_\_\_\_