

Kaizen-6™ Trainer self-appraisal	
Client's name:	Date:
1	What aspect of your training with me have you enjoyed the most?
2	What was different about this workout than others you've done in past? OR: What results have you noticed?
3	Is there anything in particular you were hoping I would do or that you want me to help you with that I have not yet done for you?
4	What can I do to make your experience even better?
5	On a scale of 1-10 (1 being poor, 10 being fantastic), where are you in terms of satisfaction with me, my training and my services? _____
	What would it take to make it a _____ (one or two numbers higher)?
6	What goal or desired outcome is it most important for you to achieve in the next 30 days? OR: Have you noticed any specific or unique results from this session today? Why?

Kaizen-6™ results:	
Enjoyments	Improvements
1.	1.
2.	2.
3.	3.
Next Kaizen-6™ self-appraisal date:	