

Fitness Client Testimonial and Referral Sheet

Thank you for being a valued part of our fitness community! Your feedback helps us grow, and your referrals help us inspire others. Please take a few moments to fill out this sheet. Since this is a printable form, you can write directly in the spaces provided below.

1. Client Information

Client Name:

Date:

Trainer Name:

2. Your Success Story & Testimonial

What were your fitness goals when you first started training with us?

What specific results or milestones have you achieved so far?

What do you enjoy most about our fitness program and coaching?

Please write a brief overall testimonial of your experience:

3. Referrals

Share the gift of health! Refer friends, family, or colleagues who would benefit from a fitness assessment and a free introductory session.

Referral 1

Name:

Phone Number:

Email Address:

Referral 2

Name:

Phone Number:

Email Address:

4. Authorization & Consent

May we share your testimonial on our website, social media, and marketing materials to inspire others? (Please type Yes or No)

Consent (Yes/No):

Client Signature:

Signature Date: