

DOES YOUR PERSONAL TRAINER HAVE....

- | | Yes | No |
|---|--------------------------|--------------------------|
| • Certificate 3 & 4 in Fitness? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Registration with the health and fitness industry associations e.g Aus Active? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Public liability and professional indemnity insurance? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Qualifications in pre- and post-natal exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Qualifications in areas of speciality you are looking for training in? | <input type="checkbox"/> | <input type="checkbox"/> |
| • A commitment to professional development and on going learning? | <input type="checkbox"/> | <input type="checkbox"/> |
| • A pre-exercise questionnaire that looks at your medical, exercise, and injury background as well as confirming your fitness goals ? | <input type="checkbox"/> | <input type="checkbox"/> |

