

INTRO/PRE

	Y	N	N/A
Was the coach on the floor at least 5 minutes prior to class?	Y	N	N/A
Did the coach start the session on time?	Y	N	N/A
Did the coach greet client as they arrived in class?	Y	N	N/A
Was the coach dressed properly for class? (FIT PRO, NEAT, WATCH)	Y	N	N/A
Did the coach effectively intro the class/workout?	Y	N	N/A
Did the coach ask for injuries or any soreness?	Y	N	N/A
Did the coach have a prepared workout plan for the session and items?	Y	N	N/A
Did the coach set a positive tone for the session?	Y	N	N/A
Did coach collaborate with any other coaches in room to ensure plenty of room?	Y	N	N/A

WARM-UP

	Y	N	N/A
Did the coach administer an effective warm-up based on the workout?	Y	N	N/A
Was the warm-up demonstrated/explained effectively?	Y	N	N/A
Did the coach check-in with members during the warm-up?	Y	N	N/A
Did they apply "specific" warm-up to improve athlete overall weaknesses?	Y	N	N/A

TEACH/SKILL

	Y	N	N/A
Did the coach effectively demo the movements in the workout?	Y	N	N/A
Did the coach effectively teach the movements through progressions?	Y	N	N/A
Did the coach provide adequate intro. based on loading, reps, stimulus?	Y	N	N/A
Did the coach provide effective and logical scaling options for movements?	Y	N	N/A
Did the coach effectively correct movement through the teaching portion?	Y	N	N/A
Did the coach connect by asking questions in between sets?	Y	N	N/A

WORKOUT

	Y	N	N/A
Did the coach provide guidance on the workout?	Y	N	N/A
Did the coach effectively scale the workout to preserve stimulus?	Y	N	N/A
Did the coach create an organized environment?	Y	N	N/A
Did the coach make sure the room was safe and efficiently?	Y	N	N/A
Did the coach actively walk around the room and no sitting?	Y	N	N/A
Did the coach effectively control music not too loud and not soft either?	Y	N	N/A
Did the coach employ triage effectively inside session if needed?	Y	N	N/A
Did the coach employ motivation and encouragement in the workout?	Y	N	N/A
Did the coach employ cues effectively (tactile, verbal, or visual)	Y	N	N/A
Did the coach remove unnecessary items through out session?	Y	N	N/A
Did the coach display relentless positive energy in session the whole time?	Y	N	N/A
Did the coach lean more to being a student as opposed to being a professor?	Y	N	N/A

CLOSING/POST

	Y	N	N/A
Did the coach provide praise to client post workout?	Y	N	N/A
Did the coach provide adequate time to cool down and do soft tissue/ mobility?	Y	N	N/A
Did the coach ask what kind parts did you enjoy there?	Y	N	N/A
Did the coach ask the client individually when there next session is?	Y	N	N/A
Did the coach adress mobility needs that is important for overall function?	Y	N	N/A

INTRO

PA	N/A	1	2	3	4	5
GM	N/A	1	2	3	4	5
Overall		1	2	3	4	5

WARM-UP

T	N/A	1	2	3	4	5
D	N/A	1	2	3	4	5
S	N/A	1	2	3	4	5
C	N/A	1	2	3	4	5
P/A	N/A	1	2	3	4	5
GM	N/A	1	2	3	4	5
Overall		1	2	3	4	5

TEACHING/SKILL

T	N/A	1	2	3	4	5
D	N/A	1	2	3	4	5
S	N/A	1	2	3	4	5
C	N/A	1	2	3	4	5
P/A	N/A	1	2	3	4	5
GM	N/A	1	2	3	4	5
Overall		1	2	3	4	5

CLOSING/POST

PA	N/A	1	2	3	4	5
GM	N/A	1	2	3	4	5
Overall		1	2	3	4	5

SCORE KEY

T	Testing
D	Demo
S	Seeing
C	Correcting
P/A	Presence & Attitude
GM	Group/Time Management
1	Poor
2	Average
3	Good
4	Very Good
5	Excellent

OVERALL

Based on notes + observation, overa; score for class is...

1

2

3

4

5

Signature of Evaluator

Date

Signature of Coach

Date