



**INSTRUCTOR EVALUATION FORM**

Thank you for helping me to improve the quality of my fitness classes.

**Instructor Name:** \_\_\_\_\_

	<b>5 Strongly Agree</b>	<b>4 Agree</b>	<b>3 Neutral</b>	<b>2 Disagree</b>	<b>1 Strongly Disagree</b>
1. Provides direction. The instructor sets goals in class and gives me specific instructions for achieving them.	5	4	3	2	1
2. Creates team climate. The instructor creates a team environment that helps me train harder and have fun	5	4	3	2	1
3. Instills motivation. The instructor inspires me to push my limits throughout my entire training.	5	4	3	2	1
4. Communicates effectively. The instructor gives me specific feedback about my technique and training.	5	4	3	2	1
5. Uses effective music. The instructor plays music that is inspirational and fun.	5	4	3	2	1
6. Provides structure. The instructor appears well organized and comes to class with a plan.	5	4	3	2	1

What are the instructor's strengths? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What can the instructor do to be more effective? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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