Comments and Suggestions Survey

(Please attach another piece of paper if needed)

1. How would you rate your Boot camp experience? (10 being highest)
   1 2 3 4 5 6 7 8 9 10
2. How challenged were you in your 4 weeks of camp? (10 being most challenged)
   1 2 3 4 5 6 7 8 9 10
   Explain:

3. Do you feel you are getting sufficient guidance and instruction technically? YES NO
   If no, please explain:

4. What do you like BEST about participating in Adventure Boot Camp?
   Is there anything you would like to see more of?
   Is there anything you feel could be added?

5. What do you like LEAST about participating in Adventure Boot Camp (working hard is not an option)?
   Is there anything you feel could be omitted from camp?

6. Do you feel you are working to your own potential of fitness level? YES NO
   If no, please explain:

7. Do you look forward to camp each day? YES NO
   Do you leave feeling positive, refreshed and ready to start your day? YES NO
   If no to either, please explain:

8. Do you feel the time slots meet your needs? YES NO
   Are there any other time slots you would like to have added to the schedule? YES NO
   If no to either, please explain:

9. Would you recommend this program to family, friends or co-workers? YES NO
10. Please rate your instructor. (10 being Rock Star)
    Technical knowledge and ability to instruct
    1 2 3 4 5 6 7 8 9 10
    Skills for group instruction, interaction and group dynamics
    1 2 3 4 5 6 7 8 9 10
    Instruction loud, clear and easily followed
    1 2 3 4 5 6 7 8 9 10
    Timeliness, courtesy, professionalism, demeanor and appearance
    1 2 3 4 5 6 7 8 9 10
    Attitude: Smiles and make it fun and enjoyable
    1 2 3 4 5 6 7 8 9 10
    Motivation: Make you inspired to work hard and makes you want to be a better you
    1 2 3 4 5 6 7 8 9 10

Further Comments or Suggestions: