**Questionnaire**

Q1) Firstly, please tell us what you felt was wrong with the exercise programme

Q2) Did you fully implement the exercise programme?

Q3) Did you experience any improvements or developments in your physicality?

Y

N

Q4) If No, I didn’t experience any improvements or developments in my physicality, could you outline why you think that was?

Q5) Did you make use of the circuits?

Q6) Did you enjoy the circuits?

Y

N

Q7) If No, I didn’t like the circuits, please could you explain why?

Q8) Did you utilise the fitness testing package?

Y

N

Q9) If No, I didn’t utilise the fitness testing package, please could you explain why?

Q10) Did you enjoy the recipes?

Y

N

Q11) If No, I didn’t enjoy the recipes, please could you explain why?

Thank you for taking the time to complete this questionnaire. We will heed your feedback and look to integrate recommendations and suggestions where applicable.