

Questions to ask before you hire an online fitness coach

The checks, the red flags and the questions from diogofit.com/learn/how-to-choose-an-online-fitness-coach/, as one printable list to take into the first conversation. The page explains each one.

Seven things to check

- ☐ **They ask about your life before they talk about a plan**
After the first conversation, could they describe your week back to you? If not, they can't build around it.
- ☐ **The plan lives somewhere you can see it**
Ask to see what a client's week looks like in whatever tool they use.
- ☐ **They track something, and they actually look at it**
"What do you track, and what do you do with it?"
- ☐ **You know exactly how often you'll talk**
"When is the next time we'll talk after I sign up, and the time after that?"
- ☐ **The plan changes when you change**
"What happens to my plan if I can only train once next week?" The answer should be specific.
- ☐ **They don't promise results**
Ask what results look like for a typical client, not the best one.
- ☐ **They want you to need them less over time**
"What will I be able to do on my own after three months?"

Red flags, in one list

- ☐ Promised results, or any number of pounds attached to a number of days.
- ☐ Banned foods, "detoxes" or a very low-calorie plan with no doctor involved.
- ☐ A plan you receive before anyone asks about your week.
- ☐ Pressure to sign up today, or a price that drops if you decide right now.
- ☐ Nowhere to see your plan or log your workouts.
- ☐ No defined check-in rhythm.
- ☐ Supplements sold as part of the program.

Questions to ask before you hire a coach: the first conversation

- ☐ How is the plan delivered, and can I see an example?
- ☐ What do you track, and how often do you look at it?
- ☐ When will we talk, and how fast do you reply to messages?
- ☐ What happens to my plan when my week falls apart?
- ☐ What results does a typical client get?
- ☐ What will I be able to do on my own when we're done?
- ☐ Who isn't a good fit for you?

General education only, not medical advice. If you have a medical condition, are pregnant, or take medication, check with your doctor before changing how you train or eat.