

## 10 Questions You Need to Ask Before Choosing a Competition Prep Coach

- 1 What are your credentials?
- 2 How many people have you prepped for shows, how many years, and how many shows have you personally entered? Your favorite client success story?
- 3 What is your percentage of client renewals each year?
- 4 Do you have a set diet for everyone or do you custom tailor for each client? How custom?
- 5 Do you have a post show / reverse diet plan and post show support? If so, how long is it for?
- 6 What are your monthly charges and what do I get for that amount?
- 7 What is your policy if I cannot make a training session?
- 8 What is a typical reply time for a text?
- 9 Do you have any team requirements, (if the coach has a team), like advertising, helping teammates at the shows, etc.?
- 10 What do you expect from me as a client?

Notice: is the trainer interviewing you to see if you are a good fit? Did the coach make you feel at ease during the interview?

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