Feedback Form 60+ membership

We love to learn here at YZ45! Could you please help us by circling the most appropriate answer to the questions below?

1. Did you achieve your goal?

Yes No Got some of the way there

1. Did you feel supported when starting your 60+ journey?

Yes, really helpful Not so much Could have done with a bit more

1. Did you get fitter?

Yes, I felt a lot better No; feel about the same as the start

1. Did you find the measurements helpful?

Yes, motivating A bit No, I didn’t like them

1. Did you enjoy the workouts?

Yes, really good Some of them No, too hard or easy

1. Did you find meeting in a group helpful?

Yes, really good A bit at the start No, did not want to go

1. Did the heart rate technology help with your activity levels?

Yes I loved it! No, not my thing Used it when in workouts but no more

Any comments would be great:

Finally, we would love to help other +60’s get involved and if you could do a video snippet of no more than 30 seconds talking about your experience that would be great!

Yes, would love to help No, not for me