

# Herb House

## Welly Boot Camp Questionnaire

As you have been one of the lucky few to take part in our first ever Boot Camp we would kindly ask that you fill out the questionnaire below and let us know your feedback! Be it positive or negative we would love to know your thoughts so please feel free to express your true feelings below!

If you have any extra comments within each section or something extra you would like to mention please feel free to add at the end.

Thank you!

Please rate the following on a scale of 1 to 10. 1 being awful and 10 being excellent!

- Length of classes 9 – I couldn't have done any more!
- Food 10 – I loved the food it was delicious it was a great compliment to the exercise as it filled me up but also gave me energy for the afternoon ahead!
- Selection of classes 9 – Every class I did worked different areas of my body so my whole body felt toned at the end of the day!
- Fitness Instructor 10 – really motivating and great fun!
- Treatments 10 – so relaxing – the PERFECT way to unwind after a hard day of exercise and you feel so good when you get into bed – like you have worked your body to the max but also looked after yourself by having a massage to relax your muscles. I wish I felt like that every time I went to bed!
- Amount of relaxation time 7 – I ended up falling asleep in the relaxation room – I am not sure how well that worked in my favour for the afternoon but at least I relaxed!
- Overall experience 10 – I just wish I could afford to do it once every 6 months!

Please answer the following questions

- How would you describe your overall experience in 3 words? Inspiring, Fulfilled, Positive

- Which moment stood out to you the most? When I managed to complete the obstacle course – I wouldn't have thought I was able to achieve that before I started!
- If a friend of yours wanted to detox and lose weight would you recommend this Boot Camp to them? Yes
- How did you feel at the end of the day? Tired but satisfied – you feel like you have really had a good day of pushing yourself but treating yourself too thanks to the delicious food and amazing treatments – it's a perfect balance – not too much of one thing.
- Do you think this is value for money? Yes – hugely as you experience a Boot Camp in a 5 star luxury setting!

Please feel free to write a little extra.....

I thoroughly enjoyed my Boot Camp. It was the first one I have ever done but will hopefully not be the last. Spencer was fantastic and I enjoyed doing it with a group of people I didn't know. We had a great laugh but really went for it which is an extremely satisfying feeling!

Thank you