

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: 8
- Food: 9
- Selection of classes: 7
- Fitness Instructor: 10
- Treatments: 10
- Amount of relaxation time: 10
- Overall experience: 9

Please answer the following questions

- How would you describe your overall experience in 3 words?
Fun, exhausting, motivated

- Which moment stood out to you the most?

The best moment for me was the afternoon session - assault course

- If a friend of yours wanted to detox and lose weight would you recommend this Boot Camp to them?

Absolutely

- How did you feel at the end of the day?

Exhausted!!

- Do you think this is value for money?

Yes

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

I really enjoyed the day – Spenser was very good and kept us motivated – my only criticism would be the Yoga session i personally would of like to have done something more active. But great experience and would love to do it again!