

PERSONAL TRAINING CAREER FLOW CHART

If you answer **"no"**
below, you probably
shouldn't be a trainer.

Are you **passionate** about
exercise, fitness, and nutrition?

YES! or **NO!**

Do you **enjoy** helping other
people overcome
challenges?

YES! or **NO!**

Are you willing to go outside of
your **comfort zone** often?

YES! or **NO!**

Are you willing to **sell**
yourself and your skills?

YES! or **NO!**

Are you ok with working
strange hours?

YES! or **NO!**

Are you ok with **not having**
much **time off?**

YES! or **NO!**

IF YOU ANSWERED **"YES"** TO ALL OF THE QUESTIONS ABOVE, YOU'D PROBABLY MAKE A GOOD TRAINER, CONGRATS! NOW, LET'S SEE IF YOU SHOULD GO FOR FULL TIME, OR KEEP IT A SIDE JOB.

Are you ok with people **not respecting** what you do for a living?

YES! or **NO!**

Are you ok with **fluctuating pay?**

YES! or **NO!**

Are you ok with **not having** good work **benefits?**

YES! or **NO!**

Are you willing to work **60+ hours** a week to make a good living?

YES! or **NO!**

If you answered **"Yes"** to all of the questions, on both sheets, try to become a full-time trainer! You'll regret it if you don't!

If you answered **"No"** to any of the questions, on this sheet, you'll probably want to stay part time.