

Informal appreciation for personal fitness coaching

Hey [Trainer's Name],

I just had to reach out and thank you for being such an amazing trainer! When I started working with you [time period] ago, I could barely [specific fitness goal/challenge], and now look at me â€“ [achievement/progress]!

Your patience with my questions (and complaints!) has been incredible. I love how you always find ways to make workouts challenging but fun. Those modifications you created when I was dealing with my [injury/limitation] showed how much you really care about your clients' well-being.

The nutrition tips and lifestyle changes you suggested have made such a difference beyond just the gym. I feel stronger, more confident, and healthier overall. My friends keep asking what my secret is â€“ it's having you as my trainer!

Thanks for pushing me when I needed it and encouraging me when I wanted to quit. You're not just helping me get fit; you're helping me build a healthier lifestyle that I can maintain long-term.

Can't wait for our next session!

Cheers,

[Your Name]

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