**CO-OP EVENT REVIEW**

Hey Chick!

### As part of your co-op / practical hours in the Fitness & Nutrition Expert Program, you are required to attend a min of 2 fitness / nutrition / wellness / health related events in your community or virtually.

### This can be an in-person or virtual event. Your event review can be an online event like a webinar or conference that is focused on the business of fitness, however it cannot be simply a podcast or video (ie Ted talk) unless it is part of an online summit.

### The purpose of the event review is to see how the organizers structure the session, marketing, promotions etc, not just the content.

### Examples of online events include but are not limited to: webinar events, online summits, online workshops or classes, fitness business online events, etc.

### Examples of in person events include but are not limited to: retreats, conferences, workshops, fitness / nutrition/ wellness events, 5km runs, Tough Mudder style events, trade shows, etc

### You can select the topic which most interests you. In order to confirm completion, please fill out the following review for each event. Please respond in full sentence form.  One received and reviewed, you will receive confirmation that the hours are complete. Have fun! FIT CHICKS

YOUR NAME:

DATE:

**CO-OP EVENT REVIEW**

1. **Please provide a short description of the event you attended, or participated in online, including name, date, location, time, cost, and topic.**

#### Why did you select this event?

#### In relation to promoting health, please list a minimum of 3 positives that the event provided?

#### In relation to promoting health, please list a minimum of 3 areas you feel they could improve on (ie. get across their message, increase their engagement, location, virtual environment etc.)

#### How was the event marketed? Did the marketing reflect the content?

#### Based on your experience, how would you rate the event based on the following:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Poor | OK | Met Expectations | Great | Exceeded Expectations |
| Venue/Virtual learning area |  |  |  |  |  |
| Speakers |  |  |  |  |  |
| Price |  |  |  |  |  |
| Demonstrations |  |  |  |  |  |
| Offerings |  |  |  |  |  |
| Marketing |  |  |  |  |  |
| Messaging |  |  |  |  |  |
| Atmosphere/Vibe |  |  |  |  |  |
| Value of Content |  |  |  |  |  |
| Overall Value |  |  |  |  |  |
| Would this event be helpful to recommend to a client? |  |  |  |  |  |
| Other (please specify) |  | | | | |

1. **What was the main learning you took away from this event? Please explain.**

#### Do you feel this event was informative / good value of your time? Please explain.

#### Would you recommend this event to a client? Please explain.