



5-STAR CLASS EXPERIENCE CHECKLIST

Gym owners: Use this simple checklist to audit classes being taught by your coaches. The point is to make sure your classes are your members' favorite hour of the day every single time.

During a class audit, it's very important that your members feel like the class is still seamless and natural. Don't kill the magic by letting your members see this checklist or its content.

Just go through each section step by step. If you'd like to know more, [visit our full video Q&A in The Network.](#)

CLASS SHADOW SCORECARD

CLASS:	COACH:
SCHEDULED START TIME:	ACTUAL START TIME:

WHITEBOARD INTRO-START TIME:

WARM WELCOME? <input type="checkbox"/> Y <input type="checkbox"/> N
ANNOUNCEMENTS? <input type="checkbox"/> Y <input type="checkbox"/> N
WHAT AND WHY? <input type="checkbox"/> Y <input type="checkbox"/> N
WHAT WE'RE LOOKING FOR? <input type="checkbox"/> Y <input type="checkbox"/> N
OTHER COMMENTS:

WARM UP-START TIME:

WHAT AND WHY? <input type="checkbox"/> Y <input type="checkbox"/> N
DEMONSTRATED MOVEMENTS? <input type="checkbox"/> Y <input type="checkbox"/> N
SOCIAL ELEMENT? <input type="checkbox"/> Y <input type="checkbox"/> N
OTHER COMMENTS:

PART I-START TIME:

WHAT AND WHY? <input type="checkbox"/> Y <input type="checkbox"/> N
DEMONSTRATED MOVEMENTS? <input type="checkbox"/> Y <input type="checkbox"/> N
SOCIAL ELEMENT? <input type="checkbox"/> Y <input type="checkbox"/> N

OTHER COMMENTS:

PART II-START TIME:

WHAT AND WHY? Y N

DEMONSTRATED MOVEMENTS? Y N

SOCIAL ELEMENT? Y N

OTHER COMMENTS:

POST WOD-START TIME:

COOL DOWN? Y N

INSTRUCTIONS TO CLEAN UP & PUT AWAY GEAR? Y N

INSTRUCTIONS TO PUT SCORES ON WHITEBOARD? Y N

TEASER FOR TOMORROW? Y N

SOCIAL ELEMENT? Y N

WARM GOODBYE AND THANK YOU? Y N

CLASS END TIME? Y N

OTHER COMMENTS:

GENERAL OBSERVATIONS

WHAT WENT WELL?
WHAT COULD HAVE GONE BETTER?
OTHER FEEDBACK:
OTHER COMMENTS:

ATHLETE NAME:	CUED: YES/NO	CORRECTED? YES/NO	FEEDBACK? YES/NO	SOMETHING PERSONAL? YES/NO