

Fitness Program Assessment Request

Date: **[Insert Date]**

To: **[Fitness Instructor/Program Coordinator's Name]**

[Fitness Center/Organization Name]

[Address]

[City, State, Zip Code]

Dear [Instructor's Name],

I hope this message finds you well. I am writing to request an assessment of my current fitness program. I believe that a professional evaluation will help me identify areas for improvement and enhance my overall performance.

As a dedicated participant, I have been following the program for [duration]. However, I feel that an assessment could provide valuable insights and help me reach my fitness goals more effectively.

I am particularly interested in the following areas:

- Evaluation of my current workout routine
- Suggestions for improvements or modifications
- Assessment of my dietary habits

Please let me know your availability for a meeting or assessment session. I am eager to hear your expert feedback and recommendations.

Thank you for your attention to this matter. I look forward to your prompt response.

Sincerely,

[Your Name]

[Your Contact Information]