

# Dear Participants,

We hope this message finds you well! As you know, our recent Transformation Challenge aimed to promote healthier lifestyles and empower individuals to achieve their fitness goals.

To continue improving our programs and better serve our members, we kindly request your feedback on the challenge. Your insights are invaluable to us!

## **Please consider the following questions:**

- What did you enjoy most about the challenge?
- What aspects do you think could be improved?
- Did the challenge meet your fitness goals? Why or why not?
- Would you participate in a similar challenge again?

Your feedback can be submitted via email or by completing the survey linked below:

[Feedback Survey](#)

Thank you for being a part of our fitness community! We look forward to hearing your thoughts.

Best regards,  
The Fitness Center Team