**SAMPLE Testimonial Questions**

When you ask your video subject questions, you should understand that the final result will not include your voice or questions so it’s very important for them to answer in a complete sentence. You will want to provide them with the main questions prior to your shoot so they are prepared and ideally get it all in one take so that you do not have to edit.

1. Tell me a little bit about your life before SprintSet.
   1. They should be focused on the pain points and areas of their life that were negatively affected.
   2. They should touch on the emotional aspects of how hard things were for them or their struggles
2. What made you decide to make a change?
3. What has this journey been like for you?
   1. Have them discuss the struggles, the victories, their why and motivations
4. What has been the reaction been like from the people in your life?
5. What is your life like now?
   1. Have them speak to their health, their confidence and weight loss. Be sure they end this statement with saying they would recommend SprintSet to anyone.

Testimonials should be no more than two minutes in length – shorter if possible. They should be then shared on your website, social media, and on monitors within your office.