

Client Profile

The things that stay true — fill once, revisit every few weeks

Pilates*Note*

Teach with clarity. *Grow with care.*

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CLIENT NAME

WORKING TOGETHER SINCE

FORMAT

☐ Private ☐ Group ☐ Both

GOALS *in their words — what does “better” look like to them?*

CAUTIONS & INJURIES *the section to check before every session*

AREA

WHAT HAPPENED / WHEN

AVOID OR MODIFY

CLEARED BY

MOVEMENT HISTORY

LIFE CONTEXT *work, sport, pregnancy, surgery*

APPARATUS & PREFERENCES

☐ Reformer ☐ Cadillac / Tower ☐ Chair ☐ Ladder barrel ☐ Spine corrector ☐ Mat ☐ Props

SPRING SETTINGS & SET-UP NOTES THAT WORK FOR THEM

REVIEW LOG *bodies change — re-ask every 4–6 weeks, and after any break, pain, or life change*

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Two questions at the start of a session beat re-doing paperwork: **“anything new since last time?”** and **“how did your body feel after our last session?”**

Keep this sheet with the client’s session log

Free template from PilatesNote
Client notes, session plans and follow-ups —
the app built only for Pilates instructors.



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