

Session Log

One line per session — thirty seconds, written between clients

Pilates*Note*

Teach with clarity. *Grow with care.*

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CLIENT

MONTH / YEAR

SESSIONS REMAINING

1. **Did** — focus + apparatus 2. **Noticed** — what their body showed you 3. **Said** — what they told you 4. **Next** — the one thing for next time

DATE

FOCUS & EXERCISES

APPARATUS

NOTICED · WHAT THEY SAID

NEXT TIME

Write it while they're rebooking — not at 10pm

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the app built only for Pilates instructors.



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