

# 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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