PRYMO SPORTS

Reformer Pilates Log

One page per class or session

DATE _____ **STUDIO / INSTRUCTOR** _____ **DURATION** _____

SESSION
☐ Reformer class ☐ Mat ☐ Private ☐ At home

LEVEL
☐ Beginner ☐ Inter. ☐ Adv.

Exercises & spring settings

EXERCISE	SPRINGS / SETTING	REPS OR TIME	HOW IT FELT

Focus
Core, glutes, posture, flexibility, balance?

Wins
What felt stronger or easier than last time?

Struggles
Which moves or cues were hard?

Instructor cues
Form tips to remember next class

Body check: tight, sore or niggles

Energy, mood, mind-body (1-5)

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Reformer Pilates Log: Weekly Review

Consistency beats intensity

WEEK STARTING _____

CLASSES THIS WEEK _____

WEEKLY GOAL _____

Sessions this week

DAY	CLASS / STUDIO	MAIN FOCUS	HOW IT FELT (1-5)

Progress I noticed

Heavier springs, longer holds, better control

What still feels hard

Moves or areas that keep coming up

How my body feels

Posture, flexibility, aches, sleep

Focus for next week

ONE thing to work on

Streak & milestones

Weeks in a row, classes this month, new moves unlocked

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