PILATES CLIENT SHEET

So any instructor knows how to start the class with this client.

CLIENT DETAILS

Full name: **Date of birth:**

Phone: **Email:**

Start date: **Lead instructor:**

Level: ☐ Beginner ☐ Intermediate ☐ Advanced

Main goal:

HEALTH AND INJURIES

Current or past injuries:

Areas of pain or discomfort:

Surgeries and dates:

Relevant medication:

Check all that apply:

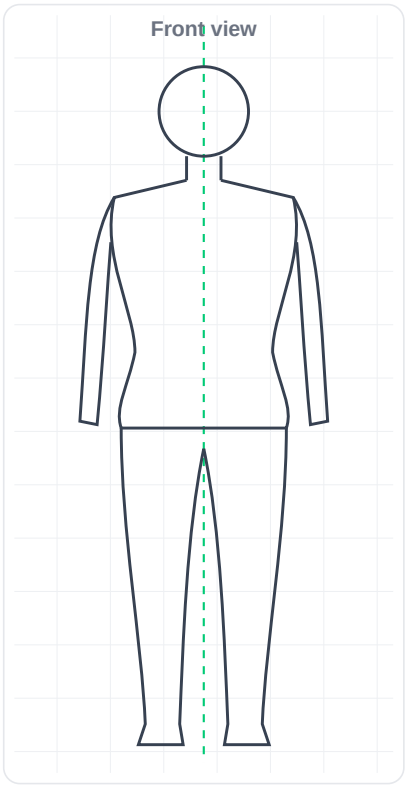
☐ Pregnancy or postpartum ☐ Herniated disc ☐ Scoliosis

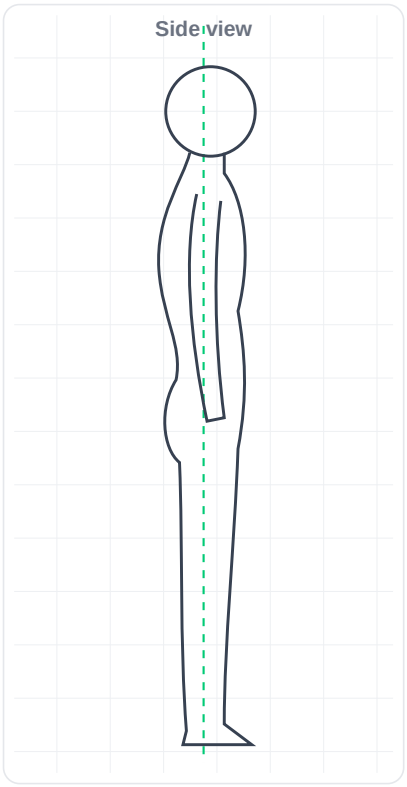
☐ Osteoporosis ☐ High blood pressure ☐ Pelvic floor

Exercises to avoid or modify:

POSTURAL ASSESSMENT

Date:





Observations

☐ Forward head

☐ Raised or uneven shoulders

☐ Thoracic hyperkyphosis

☐ Lumbar hyperlordosis

☐ Flattened lumbar curve

☐ Visible scoliosis

☐ Anterior pelvic tilt

☐ Posterior pelvic tilt

☐ Knock knees (valgus)

☐ Bow legs (varus)

☐ Flat or high-arched feet

Notes:

REFORMER SETUP

What the instructor adjusts before starting. Write the springs the way they are named on your machines.

Usual reformer: **Gear (stopper) setting:**

Block	Springs	Headrest	Footbar	Straps	Notes
Footwork					
Hundred					
Straps					
Long box					
Short box					
Seated / kneeling					

SESSION HISTORY

One line per session, so the next instructor knows where to pick up.

Date	Instructor	Work done	Setup changes	How it felt

Notes for the next instructor:

The client authorizes the studio to keep this data to adapt their classes.

Client signature: _____