



Petal & Paper

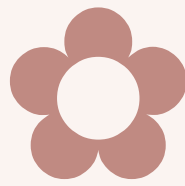
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Pilates session tracker



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P I L A T E S L O G

session tracker

Date · ____ **Type:** mat ☐ reformer ☐ equipment ☐ online ☐

Duration · ____mins **Instructor/class:** ____ **Level:** ____

Focus area · Core: ☐ Back: ☐ Hips: ☐ Glutes: ☐ Full body: ☐

Exercises done · _____

How it felt · Strength: ____/5 Control: ____/5 Mind-body: ____/5

Progress noted · _____ (harder/easier
than before)

Streak this month · ____ **Monthly total:** ____ sessions



C O N T R O L B E F O R E S T R E N G T H ·
P R E C I S I O N B E F O R E P O W E R

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