

## GETTING TO KNOW YOU



What brings you to Pilates?

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What is your prior knowledge or experience with Pilates?

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What do you want out of Pilates?

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Do you currently have any areas in your body that are in pain or sore?

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Have you had any injuries or medical conditions that may have influenced the way your body currently feels?

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What areas of your body would you like to focus on?

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Are you currently practicing any other type of exercise modalities? How often?

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What is your profession? What type of physical activities are most typical to your day?

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How much time would you like to dedicate to Pilates?

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Interesting, Fun or Unique Fact about you:

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