

Please share your focus, your goals that support the vision you hold for yourself? What is of importance to you?

Please use the following scale to rate each focus below

1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

Not Important

Fairly Important

Extremely important

\_\_\_ Reshape or tone my body

\_\_\_ Improve core strength and stability

\_\_\_ Increase overall strength

\_\_\_ Improve flexibility, agility, mobility

\_\_\_ Improve posture, alignment

\_\_\_ Improve performance in a specific sport

\_\_\_ Increase energy level, vitality, rejuvenation

\_\_\_ Improve mood and ability to cope with stress

\_\_\_ Increase sense of well being

\_\_\_ Feeling grounded, centered and confident

\_\_\_ Other \_\_\_\_\_

\_\_\_ Other \_\_\_\_\_

How Did You Hear About Pilates Vision Evolved?

\_\_\_ Friend or Family Member \_\_\_ Social Media \_\_\_ Internet Search \_\_\_ Doctor or Healthcare Provider