

*PARKSIDE PILATES with LAURIE SITTERDING*  
**PREFERENCE INTAKE QUESTIONNAIRE**

- What is your “**Pilates vibe**” preference? (On a scale of 1–5, where 1 is “*I prefer a relaxing, chill environment of gentle movement in a peaceful, spa-like setting*” and 5 is “*I want a totally kick-butt workout where I break a sweat, ‘feel the burn,’ and wake up sore the next day.*”) Feel free to clarify and be specific if this really matters to you.

- What is your “**Pilates style**” preference? (On a scale of 1–5, where 1 is “*I prefer predictability and routine, focused on form, and I like to work on and master a particular set of moves before moving on to new ones*” and 5 is “*I love variety and change, focused on activity, and I’m happiest if every workout feels unfamiliar and different.*” Feel free to clarify and be specific if this really matters to you.

- What is your “**musical atmosphere preference**”? Choose one:  
**1**—No music, so I can hear you well and focus on my form and breathing without any auditory distraction. Hearing my own breathing will not dissuade me from breathing well.  
**2**—Quiet Classical or other instrumental music in the background  
**3**—Contemporary Christian music  
**4**—Mellow, fun secular music, some with lyrics and some instrumental  
**5**—More high-energy, fast-paced secular music, both with lyrics and instrumental, which motivates me to move more actively  
**6**—I like variety! Let’s change it up and choose session by session.

Feel free to clarify and be specific if this really matters to you.

- Do you have any **specific concerns or questions** for me before we get started working together, that are not discussed in the FAQ and that you haven’t included elsewhere?