



## ✨ Glimmer Pilates – 3-Month Client Progress Tracker

Client Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

### 17 Progress Checkpoints

Area	Start / Week 0	Month 1	Month 2	Month 3
<b>Attendance</b>	<input type="checkbox"/> Excellent <input type="checkbox"/> Moderate <input type="checkbox"/> Low	<input type="checkbox"/> Excellent <input type="checkbox"/> Moderate <input type="checkbox"/> Low	<input type="checkbox"/> Excellent <input type="checkbox"/> Moderate <input type="checkbox"/> Low	<input type="checkbox"/> Excellent <input type="checkbox"/> Moderate <input type="checkbox"/> Low
<b>Core Strength</b>	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work
<b>Upper Body</b>	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work
<b>Lower Body</b>	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work
<b>Flexibility</b>	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work
<b>Posture / Alignment</b>	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work	<input type="checkbox"/> Improved <input type="checkbox"/> Same <input type="checkbox"/> Needs work
<b>Breathing / Control</b>	<input type="checkbox"/> Excellent <input type="checkbox"/> Getting better <input type="checkbox"/> Needs reminders	<input type="checkbox"/> Excellent <input type="checkbox"/> Getting better <input type="checkbox"/> Needs reminders	<input type="checkbox"/> Excellent <input type="checkbox"/> Getting better <input type="checkbox"/> Needs reminders	<input type="checkbox"/> Excellent <input type="checkbox"/> Getting better <input type="checkbox"/> Needs reminders

### *Remember:*

1. **Believe in the process.**
2. **Consistency is the key to transformation.**
3. **Small steps every day lead to big changes.**
4. **Celebrate progress, no matter how small.**

## **Goal Tracking**

- **Initial Goal (Week 0):** \_\_\_\_\_
- **Month 1 Update:** \_\_\_\_\_
- **Month 2 Update:** \_\_\_\_\_
- **Month 3 Achievement:** \_\_\_\_\_

## **Celebration & Achievements**

Congratulations on completing your 3-month Glimmer Pilates journey!

✓ **Biggest Achievement:** \_\_\_\_\_

✓ **Notable Progress:** \_\_\_\_\_

✓ **Trainer's Recommendation for Next Steps:** \_\_\_\_\_

**Keep shining & moving the Glimmer way!** 

 *You can collect your special gift from reception as a thank-you for your dedication!*

## ✨ How to Use This Progress Sheet

This sheet helps you track your **body changes over 3 months**:

- **Month 0:** Write your starting **weight, body fat %, and muscle mass %**.
- **Each month:** Update the same numbers (Month 1, 2, 3).
- You'll see your progress — maybe the scale doesn't change much, but your **muscle grows and body fat drops**.

💡 It's not just about the number on the scale — it's about getting **stronger, healthier, and more confident** every month!

MONTH 0	
Weight	
Body Fat %	
Muscle Mass %	

MONTH 1	
Weight	
Body Fat %	
Muscle Mass %	

MONTH 2	
Weight	
Body Fat %	
Muscle Mass %	

MONTH 3	
Weight	
Body Fat %	
Muscle Mass %	

# 10 EASY MORNING STRETCHING EXERCISES



#1 Shoulder Squeeze



#2 Neck Release



#3 Neck Stretch



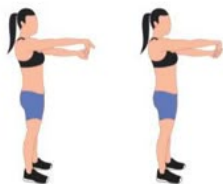
#4 Cat-Cow



#5 Side Bends



#6 Shoulder Rolls



#7 Forearm Stretches



#8 Knee to Chest



#9 Seated Forward Fold



#10 Uttanasana