

Self Assessment to be completed by participant

Participant's Name: _____

Course & Session: _____

1 Describe at least three positive qualities about yourself, either mental or physical, that enhance your workout.

2 Describe at least three areas, mental or physical, that you feel you can improve upon using STOTT PILATES.

3 Describe at least three of your positive teaching qualities.

4 Describe at least three areas of your teaching that you wish to improve upon.

5 Do you feel confident teaching and performing the material learned thus far?

6 Do you have any injuries or physical limitations that interfere with the practice of the exercises?

7 If you have any additional comments or questions regarding the course at this time please note them here.
