

Self Assessment to be completed by participant

Participant's Name: _____

Course and 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 are this time please note them here.
