I.D PILATES

TEACHER TRAINING / OPTIONAL HOUR TRACKING

Observation Log

Record classes or sessions you observe.

Trainee name

Training module

Enter each activity separately. Use decimal hours (e.g., 1.5 for 90 minutes).

Date	Class / Session	Instructor / Studio	Hours

Total hours recorded on this page

Notes / additional details (optional)

I.D PILATES

TEACHER TRAINING / OPTIONAL HOUR TRACKING

Self-Practice Log

Record time spent practicing your own movement skills.

Trainee name

Training module

Enter each activity separately. Use decimal hours (e.g., 1.5 for 90 minutes).

Date	Equipment / Session Type	Location / Studio	Hours

Total hours recorded on this page

Notes / additional details (optional)

I.D PILATES

TEACHER TRAINING / OPTIONAL HOUR TRACKING

Practice-Teaching Log

Record time spent teaching others.

Trainee name

Training module

Enter each activity separately. Use decimal hours (e.g., 1.5 for 90 minutes).

Date	Equipment / Session Type	Client / Location	Hours

Total hours recorded on this page

Notes / additional details (optional)