

**C H O O S E**

**Y O U R**

*adventure*

**S U M M E R C H A L L E N G E  
J O U R N A L**

**DESIGN YOUR SUMMER OF YOU**

# BUILD YOUR

# challenge!

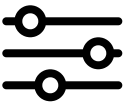
Follow step-by-step instructions to create your challenge.

*Note: your workout plan is available for you at any time!*



## Create Workout Plan on Pilatesology.com

Go to pilatesology.com (website, not app) and click Create Workout Plan on homepage!  
*Or 'My Workout Plan' under My Pilatesology in the menu.*



## Build your plan for the summer of you!

Choose your days, challenge duration, level, equipment, language, etc – it's all up to you.



## Select your reminder preferences

Want email and text reminders? Make sure to click *Notification Settings* to opt-in!



## Preview & update your plan!

Once your plan is made, scroll down to preview your classes! See any you want to skip? Click "Switch Class" on any day to make changes.

# SUMMER *goals*

Set attainable goals for yourself here! This can be anything from personal growth to your Pilates practice.

What's your why?  
ex: what gets you out of bed in the morning?

Must do

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Should do

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Could do

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If time was unlimited

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# JOURNAL

## *prompts*

"Pilates is complete coordination of body, mind and spirit," Joseph Pilates

What have you done lately that's just for you?

What does your healthiest self look like?

What is something you want to add to your life to make you feel your best?

What is something you want to let go of?

# PILATES PRACTICE

## checklist

"Change happens  
through  
movement, and  
movement heals,"  
Joseph Pilates

Fill this in with your Pilates goals for the summer! Maybe you want to hit Teaser without using your arms to get up or you want to finally be able to Roll Like A Ball to standing with no support. Create achievable goals for yourself to accomplish this summer.

# Workout TRACKER

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