

Your Goals:

Week commencing / /	Mon (✓)	Tue (✓)	Wed (✓)	Thu (✓)	Fri (✓)	Sat / Sun (✓)
Walk (distance / time)						
Clinical Pilates Studio 20						
Clinical Pilates Mat exercises						
Clinical Pilates Tubing exercises						
Other						
Week commencing / /	Mon (✓)	Tue (✓)	Wed (✓)	Thu (✓)	Fri (✓)	Sat / Sun (✓)
Walk						
Clinical Pilates Studio 20						
Clinical Pilates Mat exercises						
Clinical Pilates Tubing exercises						
Other						

Studio 20 Clinical Pilates
 20 Chisholm St
 Wangaratta 3677
 Ph 03 57 221424
www.nephysio.com.au