

Build Confidence and Purpose with Pilates

Episode 8 · Impact Tracker · Tania Huddart

Your bank statement shows what your studio earns. It doesn't show what your studio gives. This worksheet helps you capture the rest.

Use it once a quarter. Fill it in on your own, with your manager, or with your teachers. Doing it together often brings out the best ideas.

You don't need complete answers. A few honest notes in each section are enough. Do it four times and you'll have a real picture of your year, and a lot of good stories to share.

Quarter

Studio

Filled in by

1. Your clients: how they have changed

Choose one client whose progress stands out this quarter.

Client name or initials

Their first goals or worries

What have they achieved? Think about their body, how they feel, and their everyday life.

Something they said about their experience (a quote or feedback). Ask before you share it.

How has it changed them on the inside? For example, more confidence, more resilience, more joy.

2. Your community

What did your studio do outside its own four walls?

Programmes or events you ran

Community partners involved

How many people came

What did the people who came say?

Did anyone join the studio afterwards? Any new ideas or openings that came out of it?

3. Your teachers and staff: how they have grown

Choose one person, or fill this in for the team as a whole.

Staff member

Training or workshops attended

New skills they have gained

What they told you (their own words or feedback)

How is the team feeling overall? Circle one: **high** · **medium** · **low**

4. Caring for the environment

Small, steady changes count.

Greener habits you started this quarter

Changes to the studio (for example, eco-friendly products, recycling, using less energy)

Anything you did in the wider community (for example, a clean-up day or an awareness event)

How did your clients get involved?

5. Stories worth sharing

A real story shows a new person what's possible far better than an advert. Ask permission first, every time.

A client to spotlight

A community highlight

A staff achievement

Where you'll share it

A quote or piece of feedback that moved you

6. Looking back, looking ahead

Now the honest questions.

What worked well this quarter?

What challenges came up?

What will you improve, or try differently, next quarter?

New opportunities to explore

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