True Vitality Pre-Exercise Questionnaire

It is important that you consider your health before you embark on an exercise programme. If you are in any doubt about your current health, or how vulnerable you are to injury, please seek medical advice before commencing.

Please answer the following questions in order that we may both feel safe should anything happen during the class. Please note that all information will be kept confidential.

Name : …… Age : …… DOB : …… Sex : ……..

Address : ……

…… Post Code : ……

Contact Nos. : …… Email : ……..……..

Occupation : ……

In case of emergency: Name : …….. Contact No. : ……

Please tick:

	Y	N
Have you ever suffered from any form of heart complaint?	☐	☐
Has anyone in your family under 60 suffered from heart disease, stroke, raised cholesterol or sudden death?	☐	☐
Are you on any prescribed medication?	☐	☐
Are you a male over 35 or a female over 45 and **NOT** used to regular exercise?	☐	☐
Are you pregnant?	☐	☐
Have you given birth within the last 6 weeks?	☐	☐
Have you been hospitalised recently?	☐	☐
Do you have any infections or infectious diseases?	☐	☐
Do you smoke?	☐	☐
Are you dieting or fasting?	☐	☐
Are there any other conditions that might affect your ability to exercise?	☐	☐

Do you have or have you ever had:

Arthritis	☐	Hernia	☐	Dizziness or Fainting	☐	Any Heart Condition	☐
Gout	☐	Asthma	☐	Stomach/Duodenal Ulcer	☐	Heart Murmur	☐
Stroke	☐	Glandular Fever	☐	Liver or Kidney Condition	☐	High Blood Pressure >140/90	☐
Diabetes	☐	Rheumatic Fever	☐	Cramps or Muscular Pain	☐	Palpitations or Chest Pain	☐
Epilepsy	☐	Raised Cholesterol	☐				

Any pain or major injuries particularly in the following areas:

Neck	☐	Back	☐	Knees	☐	Ankles	☐

Please give details of any exercise you have been doing recently:

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Statement:
I recognise that the instructor is not able to provide me with medical advice with regard to my medical fitness and that this information is used as a guideline to the limitations of my ability to exercise. I have read and understood the advice above.

Signed : …… Date : ……