

Pre-Exercise Health Questionnaire

NAME _____	DATE _____ / _____ / _____
PHONE _____	AGE _____
MOBILE _____	
EMAIL _____	HEIGHT/ WEIGHT _____ cm _____ kg
ADDRESS _____	CITY _____ POSTCODE _____

Health & Fitness Screen: (Please circle YES or NO to each question):

1	Has a doctor ever said you have heart trouble?	YES	NO
2	Do you frequently suffer pains in your heart or chest?	YES	NO
3	Do you often feel faint or have faint spells or severe dizziness?	YES	NO
4	Has anyone in your family ever suffered from coronary heart disease? -if YES was it before the age of 65?	YES	NO
5	Are you over 65 and not accustomed to vigorous exercise?	YES	NO
6	Is your ability to exercise affected by any bone or joint condition?	YES	NO
7	Is there any other medical or physical condition which may limit your ability to exercise? -if YES please give further details:	YES	NO

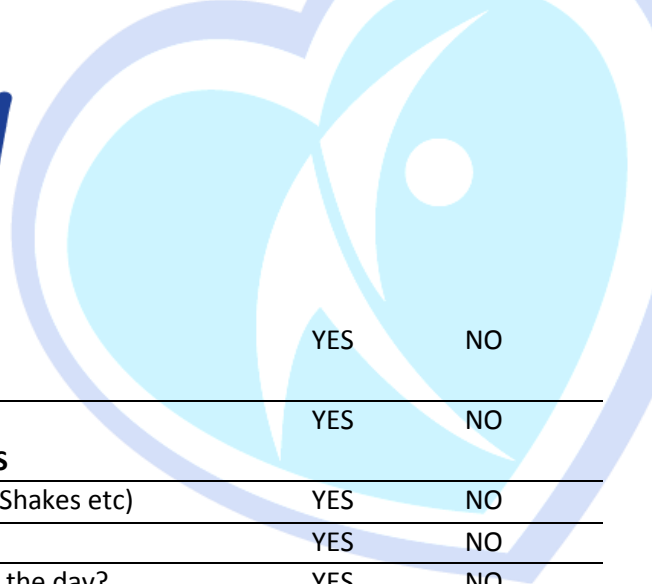
Additional health information: Do you suffer from:

	Asthma	YES	NO
	Heart Palpitations	YES	NO
	High blood pressure	YES	NO
	High cholesterol/triglyceride	YES	NO
8	Do you smoke? -if YES how many per day? _____	YES	NO
9	Are you taking any form of medication?	YES	NO
10	(females) Are you pregnant or attempting to fall pregnant?	YES	NO

Please supply the Names and Contact Details of your GP and other Health Professionals involved in the treatment of your medical or physical conditions.

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11	Do you ever feel weak, fatigued or sluggish? How many meals do you eat each day? _____	YES	NO
12	Do you know how many calories you eat in a day? Do you eat breakfast? (Circle) NEVER SOMETIMES ALWAYS	YES	NO
13	Are you taking supplements? (i.e. Vitamins, Amino Acids, Protein Shakes etc)	YES	NO
14	Do you crave sugary foods?	YES	NO
15	Do you need several cups of coffee to keep you going throughout the day?	YES	NO
16	Do you often experience digestive difficulties?	YES	NO
17	Proper nutrition can increase the body's ability to enhance physical and mental performance by up to 80%. Do you feel that a properly structured nutrition and exercise program would benefit you?	YES	NO
18	How long have you been exercising?	YES	NO
19	Have you reached and maintained your goals?	YES	NO
20	Are you happy with the way you look and feel? (Fitness and health)	YES	NO
21	On a scale of 1 to 10, how serious are you about achieving your fitness goals? NOT SERIOUS 1 2 3 4 5 6 7 8 9 10 SERIOUS		

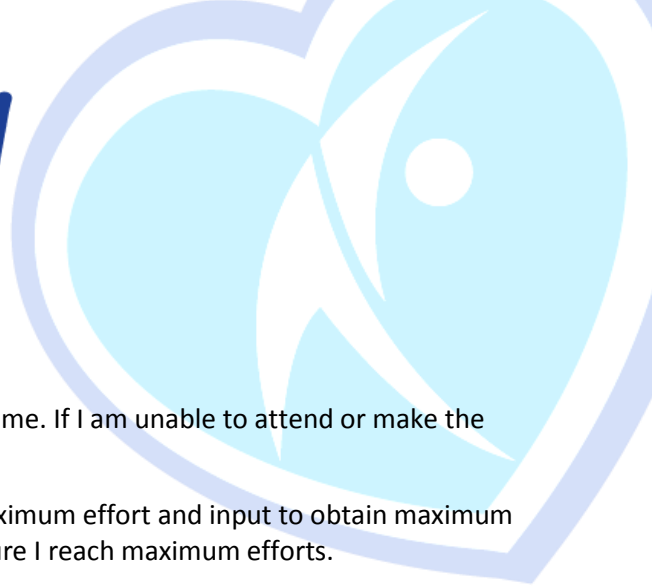
Desired Body Fat (%)	
Desired Weight Size (CM)	
Desired Weight (KG)	
Desired Dress or Pant Size	

I plan to exercise _____ times a week

Interested In: (Circle all that apply)	I would like to: (Circle all that apply)
Cardiovascular Training	Lose Body Fat
Circuit Training	Increase Stamina
Nutrition Education	Increase Strength / Lean Mass
Free Weight Training	Improve Overall Health

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Fitness Training & Nutrition



Terms and conditions:

- ✓ I understand that I am required to turn up at the required time. If I am unable to attend or make the sessions on time I will notify the trainer on duty.
- ✓ I understand that Fit For Living fitness sessions requires maximum effort and input to obtain maximum results, and that the trainers will use their expertise to ensure I reach maximum efforts.
- ✓ I understand that diet and nutrition will affect my health, performance and body composition. I will choose to read the nutritional information my trainers / Fit For Living have provided for me. I will commit to eating well outside of my group training sessions.
- ✓ I agree that if I am injured prior or during my fitness sessions I will inform the trainer on duty. If I feel any unusual pain I will also inform the trainer immediately.
- ✓ I hereby agree that Fit For Living has taken the necessary precautions to ensure exercises are safe. I acknowledge that I am fit enough to undertake Fit for Living fitness sessions. I understand that I am training at my own risk and I take full responsibility to any injuries and health issues. I acknowledge that I should consult my doctor prior to commencement of training.
- ✓ I agree that Fit For Living may use photographs of me with or without my name and for any lawful purpose, including (but not limited to) purposes such as publicity, promotional literature, illustration, advertising and web content.

SIGNED		DATE / /
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