

Client Questionnaire
Private and Confidential

To get to know more about you and your needs, I'd be most grateful if you'd answer these questions.

Name: Date: .../.../2014

Weight..... Age:D.O.B.....

Address: Occupation:

Phone H: Work: Mob:

Email:

What would you like to achieve from this class?

What helps you stay committed to exercise?

How often do you perform Low Medium High Intensity exercise/week?

Do you have or have you ever suffered from: (Please give details overleaf if necessary)

Back or joint problems Yes/No

High/low blood pressure Yes/No

Angina/Heart disease Yes/No

Diabetes Yes/No

Cancer Yes/No

Asthma/Lung disease Yes/No

Excema/skin problems Yes/No

Frequent colds Yes/No

Epilepsy Yes/No

Mental Health disturbances? Yes/No.....

Have you had major surgery or accidents?.....

Pregnant? Yes/No? Any children? Ages.....

Do you or have you had a sedentary job?

Have you played a lot of sport or one particular sport?

Current Physical Activities?.....

Do you smoke? Yes/No

Do you take medication? Yes/No

Do you take vitamins? Yes/No/Sometimes.....

Alcohol? Yes/No/Sometimes

Do you get enough sleep?.....

What's your current level of stress?

Are you currently seeing your doctor or health practitioner?.....

Have you visited your doctor in the last six months.

Do you visit any complimentary health practitioners?

Any additional information which you think would help in this assessment?

ie: level of flexibility.....

Informed consent: I hereby consent to take part in Pilates at my own risk. If I have any health problems I will discuss them with Fran Noble. If she offers any reason for not joining the class I will follow her recommendations. I understand that the risk of undertaking physical activity may include irregular heartbeats, changes in blood pressure and very rarely heart attack. I understand that I can withdraw my consent or discontinue participation in any aspect of the fitness programme at any time without penalty or prejudice toward me. I have read the statement above and have had all my questions answered to my satisfaction.

Print Name:..... Signature.....

Thank you. Frances Noble: Pilates Instructor, BSc Hons Sports Sci, APNT Sports Massage, NLP Practitioner