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PERSONAL DETAILS:

Name: _____ Phone: _____ ☐ H ☐ F DOB: _____

Address: _____

Emergency Contact: _____ Phone: _____

AIM: to identify those individuals with a known disease, or signs or symptoms of disease, who may be at a higher risk of an adverse event during physical activity/exercise. This checklist is self administered and self evaluated.

1. Have you ever suffered or been told by a doctor that you have suffered a stroke?	<input type="checkbox"/> yes	<input type="checkbox"/> no
2. Has your doctor ever told you that you have a heart condition?	<input type="checkbox"/> yes	<input type="checkbox"/> no
3. Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise?	<input type="checkbox"/> yes	<input type="checkbox"/> no
4. Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance?	<input type="checkbox"/> yes	<input type="checkbox"/> no
5. Have you had an asthma attack requiring medical attention at any time over the last 12 months?	<input type="checkbox"/> yes	<input type="checkbox"/> no
6. If you have diabetes (type I or type II) have you had trouble controlling your blood glucose in the last 3 months?	<input type="checkbox"/> yes	<input type="checkbox"/> no
7. Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/exercise?	<input type="checkbox"/> yes	<input type="checkbox"/> no
8. Do you have any diagnosed muscle, bone or joint problems that you have been told could be made worse by participating in physical activity/exercise?	<input type="checkbox"/> yes	<input type="checkbox"/> no

Any additional comments or relevant information:

IF YOU ANSWERED "YES" to any of the Questions 1 - 8 please consult a GP or appropriate Allied Health Professional to seek clearance/ approval to undertake physical activity/exercise in our clubs.

If a future change in your health, medical or physical capacity would lead you to respond 'yes' to any of the Questions 1-8, please consult your GP or Allied Health Professional before undertaking further physical activity or exercise in Fitness First Clubs.

Pre Exercise And Lifestyle Questionnaire Template

R Sandford



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