



0131 443 6526

Height	m	
Weight	kg	
Body fat	%	
Blood Pressure		
RHR		

Registration form and Pre-exercise questionnaire

Contact details:

Name..... D.O.B .../.../..... Age.....Sex.....
 Address.....
 Post code.....

Contact numbers:

Work Home Mobile.....
 Email.....
 Emergency contact:
 Name..... Tel.....

Exercise history:

(Please circle answer)

Have you or are you a member of a fitness club? *Yes No*
 When did you last exercise? How long ago? *Days Weeks Months*
 How often do you exercise at the moment? *Sessions per week. 1 2 3 4 5+*
 What type of exercise do you normally do? *Light Medium Hard*
 Durationhours ... mins.

Have you ever or do you have?
 Anyone in your family under 60 suffered Heart Disease, stroke, raised Cholesterol or sudden Death? *y/n*
 Are you on any on any prescribed medication? *y/n*
 Have you been hospitalised recently? *y/n*
 Have you given birth within the last 6 weeks? *y/n*
 Been pregnant within the last 6months? *y/n*
 Any infections or infectious Diseases? *y/n*

Do you have or have you had:

Gout	<i>y/n</i>	Glandular Fever	<i>y/n</i>	Any heart Conditions	<i>y/n</i>
Stroke	<i>y/n</i>	Rheumatic Fever	<i>y/n</i>	Heart murmur	<i>y/n</i>
Diabetes	<i>y/n</i>	Dizziness or fainting	<i>y/n</i>	High blood pressure>140/90	<i>y/n</i>
Epilepsy	<i>y/n</i>	Stomach or duodenal ulcer	<i>y/n</i>	Palpitations or pains in chest	<i>y/n</i>
Hernia	<i>y/n</i>	Liver or kidney Condition	<i>y/n</i>	Raised cholesterol / triglycerides	<i>y/n</i>

If you have ticked any of the above boxes please gives details of condition, medications and clearance date:

Are there any other conditions that you feel may be aggravated during exercise?

Statement

I recognize that “energy” 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 answered the questions to the best of my ability

Signed: _____ Date _____

Induction of gym

Instructor _____ signed _____ Date _____

***Please note you will not be allowed to use the gym until an induction has been done and paperwork signed**