

PRE-EXERCISE QUESTIONNAIRE

This screening tool does not provide advice on a particular matter, nor does it substitute for advice from an appropriately qualified medical professional. No warranty of safety should result from its use.

The screening system in no way guarantees against injury or death. No responsibility or liability whatsoever can be accepted by Fitness First for any loss, damage or injury that may arise from any person acting on any statement or information contained in this tool.

MEMBER NAME: **HOME CLUB:**

DATE OF BIRTH: **MOBILE:**

EMAIL:

ADDRESS:

EMERGENCY CONTACT:

1. Has your medical practitioner ever told you that you have a heart condition or have you ever suffered a stroke?	YES	NO
2. Do you ever experience unexplained pains or discomfort in your chest at rest or during physical activity/exercise?	YES	NO
3. Do you ever feel faint, dizzy or lose balance during physical activity/exercise?	YES	NO
4. Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months?	YES	NO
5. If you have diabetes (type I or type II) have you had trouble controlling your blood sugar (glucose) in the last 3 months?	YES	NO
6. 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?	YES	NO
7. Do you have any other conditions that may require special consideration for you to exercise?	YES	NO

IF YOU ANSWERED YES to any of the 7 questions, please seek guidance from an appropriate allied health professional or medical practitioner prior to undertaking exercise.

OR I acknowledge that I am currently under the supervision of a medical practitioner who has approved my participation in an exercise program

Please tick Signature:

ALL NO ANSWERS. IF YOU ANSWERED 'NO' to all of the 7 questions, and you have no other concerns about your health, you may proceed to undertake light-moderate intensity physical activity/exercise.

I believe that to the best of my knowledge all of the information I have supplied is correct

Signature:..... Date:

Parent/Guardian Name:.....

Parent/Guardian Signature:..... Date:.....