**Fitness Figures**

**PAR-Q**

1. Do you have a bone or joint disorder that could be made worse by

physical activity? Y / N

1. Is your doctor currently prescribing medication for blood pressure or heart

condition? Y / N

1. Do you know of any other reason why you should not take part in

physical activity? Y / N

If you answered YES to any of the questions please talk with your doctor before you start becoming more physically active.

If you answered NO to all of the Par-Q questions, you can be reasonably sure that you can start becoming more physically active, beginning slowly and building up gradually.

Delay becoming more active if:

You are not feeling well because of a temporary illness such as a cold or fever.

If you are, or may be pregnant.

If in doubt, always consult your doctor.

I acknowledge the information given above is correct to the best of my knowledge at the time of completion. I will inform you immediately if any of the above information changes. I acknowledge that any use of the facilities and equipment and participation in physical activity is entirely at my own risk .I have read, understood and agree to Fitness Figures’ Terms and Conditions (as shown on the website or on a copy in the gym)

Signature Date

**General Data Protection Regulation (GDPR)**

**Privacy Policy**

A copy of the above information will be held by Fitness Figures and The Woodford Wells Club. On occasion, we may contact you with relevant information about Fitness Figures or related topics. A copy of your details will be held by The Woodford Wells Club so that important information about your medical history and health is kept on-site.

Under the GDPR, we require your consent to hold your data until you inform us that you are discontinuing your membership or training sessions.

By signing, you acknowledge that you accept and consent to the information you have provided to be used as outlined above.

Signed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_





Regular physical activity is fun and healthy and more people are becoming active every day.

Being more active is safe for most people. However, some people should check with their doctor before they start becoming more physically active.

If you are between the ages of 16-69, the Par-Q will tell you if you should check with the doctor before you start. If you are over 69 years of age and you are not used to being very active, please check with your doctor. Please read the questions carefully and answer each one honestly.

**First name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Surname\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Postcode\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB\_\_\_\_\_\_\_/\_\_\_\_\_\_\_/\_\_\_\_\_\_\_**

**Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Home phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Mobile\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Next of Kin\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**GP Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**GP Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please answer the following:**

1. Has your doctor ever said you have a heart condition or that you should

only do physical activity recommended by a doctor? Y / N

1. Do you feel pain in your chest when you do physical activity? Y / N
2. In the past, have you had chest pain when you were not doing

 physical activity? Y / N

1. Do you lose balance because of dizziness or do you ever lose

consciousness? Y / N