



Jacqui Smith
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PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

Name: Age

Address

Email: Mobile.....

This questionnaire is designed to help you help yourself. Many health benefits are associated with regular exercise and the completion of this questionnaire is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people physical activity should not pose a problem or hazard.

Common sense is your best guide for answering these few questions. Please read them carefully and TICK YES/NO opposite the question as it applies to you.

DO YOU HAVE ANY OF THE FOLLOWING:	YES	NO
Diabetes		
Epilepsy		
Asthma		
High Blood Pressure		
A Heart Condition		
Frequent Chest Pains		
Joint Problems, eg. Spine, knees		
Surgery in the last 6 months Baby in last 4 months (if applicable)		
Do you suffer from fainting or dizziness?		
Are you taking any prescribed medicine which may affect your physical abilities?		
Do you exercise regularly?		
Is there anything else which may affect your participation in exercise? Please list		

A GRADUATED EXERCISE PROGRAMME

A gradual increase in regular exercise promotes fitness and improves overall health while minimising or eliminating discomfort. Postpone entry into the programme if you feel unwell or have a temporary illness.

NEXT OF KIN

In the event of an emergency I would wish the following person to be notified:

NAME CONTACT No.

Data Protection (GDPR) Act 2018

Please circle your answers

I agree for Jacqui Smith Personal Trainer to hold my details above for 1 year, where it will be updated or destroyed (as applicable)

YES / NO

I am happy for Jacqui Smith Personal Trainer and her team to take photographs and use on her social media facebook & Instagram sites, newsletters and website

YES / NO

I am happy for Jacqui Smith use my email to keep me informed of classes, diet & nutrition information and that I can delete myself at any time.

YES / NO

More information on our Data Protection policy can be requested at theteam@jacqui-smith.net

Signed (student) Date