



(PAR-Q) Exercise Class / Fitness Pilates HEALTH SCREENING FORM - Confidential

Name: Date of Birth:/...../.....

Occupation:

Address:

Home Tel Number: Mobile No.....

Doctors Name/Surgery:

Emergency Contact Name and Telephone Number:

.....

● Do you suffer from any joint/muscular injuries that may affect your ability to exercise? If so please give details:

● Are you suffering from any illnesses that may affect your ability to exercise? If so please give details:

● Are you on any medication? If YES please advise what it is for?

● Do you have any allergies? If YES please list:

● Have you any additional Health information that may be relevant? NO / YES Details:

● Do you experience any issues with your Posture and or Balance. If YES please give details

● Are you pregnant? YES/NO

Health and Fitness Declaration: If necessary, I will seek medical clearance to attend any Exercise/Fitness/Pilates class. I understand that whilst every care will be taken to give safe instruction, I accept full responsibility and consider myself fit to exercise. I have answered all the questions correctly and all medical and health considerations are noted above. I understand that I attend Fitness/ Pilates classes at my own risk. I will keep the instructor updated if any of the above information changes.

Signed: Date:/...../.....

T: 07866 733413

E: info@exerciseandfitnessforyou.co.uk

W: www.exerciseandfitnessforyou.co.uk

GDPR – Client form – Fitness For You

The EU General Data Protection (Regulation GDPR) legislation has a significant effect on how businesses collect, secure and store customer data. Even as a Sole Trader I want to ensure you that Fitness for You takes this very seriously and endeavours to ensure that I act professionally and with due diligence.

Please see a copy of my newly revised Privacy Policy. This is also available to view at any time on my website www.exerciseandfitnessforyou.co.uk. If you have any questions about this or would like us to change or update your data preferences then please email info@exerciseandfitnessforyou.co.uk

I hold your data for a number of reasons: 1. To ensure I am better informed when I plan and teach my classes for you. 2. For insurance purposes/Health and Safety 3. For accounting purposes and 4. To advise you of information regarding classes, and exercise related information.

From time to time I will contact you regarding any of those 4 purposes and I will do that in class and by text or email and on occasion by direct telephone call if necessary when text is not an option. For you to receive this information you need to **OPT IN** by completing the following information that you are happy to be contacted by. If there is a particular way you do not wish to be contacted then please do not complete that section.

You give this information freely and have the right to unsubscribe at any time. If you do not wish to receive any information please leave this section blank and you will not be added to my contact list.

Name (Preferred first name and surname) _____

Mobile Number: _____

Email Address (please write clearly)

Landline telephone number (If you do not have or do not use a mobile for text messages)

PHOTOGRAPHS : In addition on occasions with notification I may take some class photos for my website or mailings. You are not obliged to be in these photos. Please tick here if you are happy for photos to be taken that include you and for them to appear on my website or in a particular mailer.

YES/NO

Finally, I wish to emphasise that the new legislation has not changed the way that I handle your data. I would never sell your data to any third parties, I will never bombard you with unwanted emails/texts and I fully respect your right to privacy. I hold your contact details because you supplied them to me. If you wish to be removed from my database please just let me know.

I have read the above information and am happy for my information to be held and to be contacted as I have freely specified. I will advise if any of my details change.

Signature: _____