



## HEALTH & LIFESTYLE

Before we create your personalised Get Fit programme, we need to know more about you. Please consider your answers carefully and honestly, and know that whatever you share with us will be kept confidential.

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Name:

Address:

Phone number:

Email:

Emergency contact name and number:

Birthdate:

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Please answer the following health questions with yes or no, providing additional information where appropriate.

Do you have heart disease or any heart conditions you are aware of?

Do you have high blood pressure?

Do you have type I or type II diabetes?

Do you have any gastrointestinal problems?

What medications are you taking, what dose and how often?

Do you have food allergies or intolerances? If yes, please list.

Do you have joint problems?

Have you had surgery within the last year? What and when?

Do you experience chest pain, wheezing or dizziness when walking up stairs?

Are you pregnant or breastfeeding?

Do you have trouble sleeping?

Do you smoke?

Are there any other health conditions or concerns we should be aware of?

This section is dedicated to your lifestyle. There isn't a right or wrong answer, and it's important you answer honestly (even if the honest answer is you have never exercised in your life—that's why we're here).

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Over the last three years, how would you describe your physical activity:

Very active (exercise for one hour or longer, four times or more per week)

Active (exercise for one hour, 2-3 times per week)

Moderate (ave. once per week, but ave. 5,000-10,000 steps per day)

Low (some walking, some activity, but nothing regular)

Sedentary (very little, if any, activity during the day)

Over the last year, have you changed your physical activity? What did you do (or try to do) differently? How did those changes make you feel? \_\_\_\_\_

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If exercise is already part of your life, describe what you do:

Cardio (type, duration and intensity)

Strength training (which muscle groups, how much weight, number of sets/reps)

Yoga/Pilates (how often)

Walking (how many steps do you ave. per day)

How many days per week can you commit to exercise?

How many hours per week can you commit to exercise?

What limitations, if any, do you have to exercise? This can include gym membership, equipment at home, space at home, lack of exercise knowledge, lack of confidence, fitness level, health issues, money, time or anything else we should know before creating your personalised fitness plan. \_\_\_\_\_

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Are there any types of exercise you like? \_\_\_\_\_

Are there any types of exercise you don't like? \_\_\_\_\_

What is your favourite food? List a few guilty pleasures, but focus on what types of fruit, vegetables, protein and grains you like. \_\_\_\_\_

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What food do you hate? \_\_\_\_\_

What does success look like to you? Be creative when answering. Is it looking good in a bikini, being able to fit into your wedding dress, perkier bum, no more bingo wings, more energy, drop a dress size, run a marathon? Think big and answer even bigger.

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Is there anything else we should know about you? \_\_\_\_\_

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