

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

Name:	Email:
Address:	Phone Contact : Post Code:
Emergency Contact Name:	Phone Contact : Relationship:

STAGE 1- PLEASE CIRCLE RESPONSE

1. Has your doctor 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 in your chest at rest or during physical activate/exercise?	Yes	No
3. Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance?	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 1 or 2) have you had trouble controlling your blood glucose in the last 3 months?	Yes	No
6. Do you have any diagnosed muscle, bone, 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 medical conditions that may make it dangerous for you to participate in physical activity/exercise?	Yes	No

IF YOU ANSWERED 'YES' to any of the 7 questions, please seek guidance from your GP or appropriate allied health professional prior to undertaking physical activity/exercise. Provide Chodat Fitness with a written medical clearance

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

STAGE 2- QUESTIONS

HEALTH GUIDE

Date Of Birth: Age: Gender:	Client has a higher health risk if: Older than >45yrs males Older than > 55yrs females
Family history of heart disease (eg stroke, heart attack) Who: Father- age= Mother- age= Brother- age= Sister- Age= Son- age= Daughter- Age=	Client has a higher health risk if: Male younger than <55yrs Female younger than <65yrs
Do you smoke Cigarettes on a daily/weekly basis or have you quit in the last 6 months? Yes No How many per day _____	Client has a higher health risk if: YES
Describe your current physical exercise: Frequency: Duration:	2 ½ to 5 hours of moderate intensity physical activity OR- 1 ¼ to 2 ½ hours) of vigorous intensity physical Muscle strengthening activities on at least 2 days each week
Body Mass Index Height _____cm Weight _____kg (Weight/height x height cm) Result _____	Healthy reading is between 18-25
Have you been told you have high blood pressure? Yes No Result _____	Excellent: lower than 120/80 Normal-High: between 120/80 and 140/90 High Risk Stage 1: 140/90 or higher Very High Stage 2: 180/ or higher
Have you been told you have high cholestoral? Yes No	Client has a higher health risk if: YES Doctors clearance may be required?
Have you been told you have high blood sugar? Yes No	Client has a higher health risk if: YES. Doctors clearance may be required?

Detail on any physical injury, soreness, or concern:

Have you spent time in hospital for any medical condition/illness/injury or are/have you been pregnant during the last 12 months? Yes No

I BELIEVE THAT TO THE BEST OF MY KNOWLEDGE, ALL INFORMATION THAT I, AS THE CLIENT HAVE SUPPLIED WITH IN THIS TOOL IS CORRECT. I AGREE TO THE TERMS AND CONDITIONS.

Client Signature:	Date:
Chodat Fitness Signature:	Name:

TERMS AND CONDITIONS

1. This is a legal document an agreement between Chodat Fitness Pty Ltd and the person whose name, address and details appear on the attached enrolment form. I acknowledge that as a condition of participating in this activity that I do so at my own risk. By signing this form, I understand all information I have provided is correct and honest.
2. I therefore accept all risks and hereby indemnify and release the trainers, their affiliates, subcontractors and anyone directly associated with Chodat Fitness Pty Ltd, against all liability (Including liability of their negligence and there negligence of others), claims, demands and proceedings arising out of or connected with my participation in these activities. This release and indemnity continues forever and binds our heir, successors, personal representatives and assigns.
3. I acknowledge that participating in this activity may involve a risk of serious injury or death from various cause including; over-exertion, dehydration, equipment failure, accidents with equipment and surroundings.
4. I recognise the difficulties associated with this activity and attest that I am physically fit to participate safely in the activity and that a qualified medical practitioner has not advised me otherwise.
5. I understand the demanding physical nature of this activity, I am not aware of any medical condition or injury or impairment that will be detrimental to my health if I participate in this activity. In the event I become aware of any medical condition, injury or impairment and I continue my training with Chodat Fitness, the trainers will be informed. I accept the risks despite these conditions and am still, and will always be under the terms of this agreement. I assume the risk and responsibility for any injury, death or property damage resulting for my participation in this activity, is my responsibility.
6. I recognise there may be no or inadequate treatment or transport of me if I am injured. I hereby authorise the staff or contractors of 'Chodat Fitness Pty Ltd' to act for me accordingly to their best judgement in any emergency requiring medical attention. All medical expenses incurred will be the responsibility of the participant or participant's family. I certify to Chodat Fitness Pty Ltd that I have no physical conditions or mental impairments that would be affected by the participation of the Chodat Fitness Pty Ltd activities.
7. Chodat Fitness Pty Ltd will not be liable for participants who disobey safety instructions given, and for clients who train without receiving a clearance from their doctor
8. I must not be under the influence of illegal drugs or alcohol
9. I must supply my own towel, water and wear fully covered sports shoes at all times. Sandals, slip-ons or thongs are not permitted at any time
10. Only paying Chodat Fitness Pty Ltd members are permitted to be at the sessions at any time, unless a free pass has been provided by a current Chodat Fitness Pty Ltd's staff member, proof of this offer must be in writing.
11. Chodat Fitness Pty Ltd's participants must obey and follow trainer's instructions. Chodat Fitness Pty Ltd participants must use the equipment as instructed by the trainer and must conform to the general training etiquette of sharing session equipment with other Chodat Fitness Pty Ltd participants
12. In the event you leave personal items in possession of a Chodat Fitness Pty Ltd trainer or within the training area during a session, Chodat Fitness Pty Ltd does not accept responsibility for any lost or stolen property
13. For all pre-booked Class Sessions, Personal Training session and Massage appointments, clients will be charged the session if you fail to cancel 24 hours before the scheduled time. Any sessions missed throughout the duration of the package will not be refunded
14. **PAYMENT:** If the Ezidebit option is chosen, clients will incur all fees directly associated with Ezidebit transactions.
 - For all Ezidebit personal training packages, your sessions are deducted weekly. If you miss a session but cancel outside of the 24 hours policy; this session will be kept for 2 weeks for you to use, before being dissolved.
15. **CANCELLATION** may occur for full priced yearly unlimited group outdoor membership holders only, and may be requested if:
 - Medical reasons or permanent injury occur, a doctors certificate is required and must state that the individual is unable to train on a permanent basis anymore/ or for a certain period of time.
 - Cancellation may also occur if a client moves 75km out of the area (proof of address is required).
16. If a client cannot continue to use a pre purchased membership they have the choice to:
 - Transfer the remainder of their package to another person who is a non Chodat Fitness member
 - Transfer the remaining package amount toward a personal training package
17. **SUSPENSION** may occur if: A client is injured or suffers from a medical condition, a doctors certificate will be required and only will be placed on hold when that certificate is received.
 - For 12 months (full priced) unlimited group membership holders a maximum of 8 weeks suspension maybe permitted
 - For 12 week unlimited group membership holders a maximum of 4 weeks suspension is permitted
 - For 52 weeks Ezidebit personal training membership holders a maximum of 8 weeks suspension is permitted
 - For 26 weeks Ezidebit personal training membership holders a maximum of 4 weeks suspension is permitted
 - For 13 weeks Ezidebit personal training membership holders a maximum of 2 weeks suspension is permitted
 - For all other membership no suspension is permitted

NOTE: When any promotional membership is purchased that is heavily discounted there are strictly; suspensions, cancelations of packages once purchased.
18. Chodat Fitness Pty Ltd may have photos or video footage that are taken during the course of a session, if you do not wish yours or your child's photo to be used on media material in the Chodat Fitness Pty Ltd website and social media please specify by circling this paragraph.

I certify that I am 18 years of age or older and have read this document and fully understand it, or as a parent or guardian of the participant (a) I agree to the above for myself and on behalf of the participant and (b) I indemnify and will keep indemnified any person or body directly or indirectly associated with the conduct of the activity on the terms referred. I have read and understood the terms and conditions above and agree to abide by these conditions and other conditions as directed by Chodat Fitness Pty Ltd.

COMPULSORY MEMBERSHIP	PAYMENT METHOD				
\$45.00 Per Person Includes a FREE singlet, specify your size	Cash	Cheque	Credit Card/Online	Bank Transfer to Chodat Fitness	Ezidebit
XS S M L XL XXL XXXL				BSB: 062 624 Account : 1080 7704	Rego Form-Click Here