

PRE-ACTIVITY QUESTIONNAIRE



Name

DOB Email

Address

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Telephone Emergency contact

Have you ever had a heart condition and been told you should only do physical activity recommended by a doctor?	YES	NO
Do you have diabetes mellitus?	YES	NO
Are you currently taking, or have you ever been prescribed, drugs for your blood pressure or heart condition?	YES	NO
Do you have a bone or joint problem that could be made worse by a change in your physical activity?	YES	NO
Have you tested positive for CV-19 coronavirus or had a positive antibody test?	YES	NO
If YES what date was this?		
Has your mother, father or any member of your immediate family had a heart attack or died suddenly prior to the age of 55?	YES	NO
Has your doctor ever said you have raised cholesterol?	YES	NO
Do you currently smoke cigarettes?	YES	NO
Do you currently exercise on a regular basis (at least 3 hours per week) and/or work in a job that is physically demanding?	YES	NO
Are you or is there any possibility you may be pregnant?	YES	NO
Do you know any other reason that you should not partake in physical activity?	YES	NO
Are you currently taking any prescribed medication?	YES	NO
If YES please state:		

I hereby state that I have read, understood and answered honestly the questions regarding my health and injury history. I also state that I wish to participate in a physical exercise plan, including aerobic, anaerobic and resistance activities. I realise that participation in these activities involves the risk of injury and even the possibility of death. I hereby confirm that I am voluntarily engaging in an acceptable level of exercise which has been recommended to me.

Client name

Signed

Personal data privacy statement and marketing consent

The personal health data we ask you for is solely used for the purpose of assessing your current health status in relation to planning a safe and effective exercise programme for you. The data is confidential and will only be seen by your trainer or other members of the pH.7 training team if and when they conduct a training session/sports therapy session/sports massage session for you.

- You have the right to refuse to give us any information you do not feel comfortable giving and the right to restrict who has access to your records. However, if the pH.7 training team feel that any missing health information could adversely affect the building of a safe health and fitness program for you, they reserve the right to refuse to take you on as a client.
- You have the right to ask us to delete any health data you have given us at any time.
- You have the right to ask us to rectify or update any health data you have given us at any time if your health status changes.
- Your personal health data will be securely stored on site at pH.7 LLP, if at any time your personal health data needs to be transferred to an electronic or cloud-based data storage you will be notified, and consent will be re-asked again before any transfer is made.

Do you understand your rights around giving personal health data, the reasons why we ask for it, how we use it, who has access to it, and how we store it? YES: NO:

At pH.7 we like to keep our clients regularly updated about our services, what's going on at the gym, any products we feel would be of interest to our clients, and any health and fitness educational content that we believe would be of interest to our clients.

Do you give your consent for pH.7 to send you marketing emails via MailChimp? YES: NO:

This personal data given is used solely for the purposes stated above and will not be given to or sold on to any third parties. You reserve the right to remove this consent to use your data at any time without a reason. You can do this either by unsubscribing to the marketing emails via the link provided, or by emailing us at info@ph7gym.co.uk

Signed:

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