



LARA PEPPER
NUTRITION. PILATES. MASSAGE.

Title		Name	
Address			
		Postcode	
DOB		Email	
Mobile		Home no.	
GP Name		Drs Surgery	

Client screening questionnaire – Please ensure you complete all of the following information:

1. Are you taking any regular medication which may affect you during the session? YES/NO

If YES, please provide details:

2. Have you any illnesses or disabilities? YES/NO

If YES, please provide details:

3. Do you have any injuries or joint problems: YES/NO

If YES, please provide details:

4. Have you had any surgery within the past 12 months? YES/NO

If YES, please provide details:

5. Are you or have you been pregnant in the past 6 months? YES/NO

6. Please indicate below if you have been diagnosed with any of the following conditions:

Epilepsy or seizures

Asthma

Osteoporosis

Heart condition

Diabetes

Metal implant or Pacemaker

Rheumatoid Arthritis

High/low blood pressure

Blood disorder

7. Are you aware of any reason that you should not participate in physical activity without medical supervision?
YES/NO

8. Do you consent to be contacted about future courses by email? Yes/No

Terms of agreement:

I have read, fully understood and completed this questionnaire. The answers that I have given are accurate to the best of my knowledge. I understand that it is my responsibility to inform the instructor if I experience any new or unusual symptoms during the course of my 1:1 or classes. I acknowledge that a qualified and fully insured Pilates instructor will perform my assessments and classes. I understand that all courses are pre-paid in full and are non-refundable and non-transferable.

I accept that my instructor, the studio or the premises at which I partake in my Pilates practice cannot be held responsible for any damage or loss to personal property whilst on the premises.

I consent to my personal information being kept in line with General Data Protection Regulation (GDPR) and understand that this will not be given to third parties.

Print Name			
Signature		Date	