

# PRE EXERCISE QUESTIONNAIRE

NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE MOBILE: \_\_\_\_\_ HOME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ MOBILE: \_\_\_\_\_

IF YOU HAVE ANY DIAGNOSED MEDICAL CONDITIONS, PLEASE LIST:

\_\_\_\_\_  
\_\_\_\_\_

IF YOU ARE ON ANY MEDICATION, PLEASE LIST:

\_\_\_\_\_  
\_\_\_\_\_

WHAT ADDITIONAL THERAPIES OR INTERVENTIONS ARE BEING UNDERTAKEN FOR THE GIVEN HEALTH PROBLEM(S):

\_\_\_\_\_  
\_\_\_\_\_

IF YOU HAVE ANY INJURIES, PLEASE LIST:

\_\_\_\_\_  
\_\_\_\_\_

WHAT ADDITIONAL THERAPIES OR INTERVENTIONS ARE BEING UNDERTAKEN FOR THE GIVEN INJURY:

\_\_\_\_\_  
\_\_\_\_\_

HAVE YOU GIVEN BIRTH IN THE LAST 6 WEEKS? Y / N

HAVE YOU BEEN HOSPITALISED RECENTLY? Y / N

ARE YOU PREGNANT? Y / N

GIVEN THE FOLLOWING GOALS, PLEASE RANK THEM IN ORDER OF IMPORTANCE, WITH 1 BEING THE MOST IMPORTANT AND 9 BEING THE LEAST IMPORTANT:

IMPROVED HEALTH \_\_\_\_\_ IMPROVED ENDURANCE \_\_\_\_\_ INCREASED STRENGTH \_\_\_\_\_

SPORT SPECIFIC \_\_\_\_\_ INCREASED MUSCLE MASS \_\_\_\_\_ FAT LOSS \_\_\_\_\_

INCREASED POWER \_\_\_\_\_ WEIGHT GAIN \_\_\_\_\_ INCREASED FITNESS \_\_\_\_\_

DO YOU HAVE A SPECIFIC TIMELINE FOR ACHIEVING A SPECIFIC GOAL? IF YES PLEASE SPECIFY GOAL & TIME:

\_\_\_\_\_  
\_\_\_\_\_

HOW DID YOU HEAR ABOUT SWITCH2FITNESS? PLEASE CIRCLE:

FRIEND

FACEBOOK

INSTAGRAM

INTERNET

OTHER – GIVE BRIEF DETAILS

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



## TERMS & CONDITIONS

### MEMBERSHIP OPTIONS & TRAINING BUNDLES

- 7 day FREE trial
- 1 x TT \$15/wk
- 2 x TT \$20/wk
- UNLIMITED TT + 1 x P2P/mth \$30/wk
- 1 x P2P \$25/wk
- 2 x P2P \$40/wk
- 1 x P2P + UNLIMITED TT or 2 x P2P + 1 x TT \$50/wk
- 2 x P2P + UNLIMITED TT \$60/wk
- 2T01 TRAINING SESSIONS – 2 people per session \$30/pp

### POWER2PACE

All scheduled POWER2PACE sessions are to be paid upfront in full prior to the week beginning. If you miss a scheduled POWER2PACE session or cancel with less than 24hrs notice, you will be charged for the scheduled session and forfeit session (except under special circumstances or in case of an emergency.) If you are unable to attend a scheduled session and give S2F more than 24hrs notice, you are able to reschedule another P2P session within 14 days. If session has not been made up within 14 days' the client forfeits session. If you cannot reschedule another P2P session within the 14 days due to session availability or personal time commitments, P2P session can be replaced with 2 x team training sessions, to be done within the 14 days. In case of the trainer falling ill or being unable to instruct the session, the session will be cancelled and rescheduled at no extra cost to members.

### NEW CLIENTS (\$40 FOR 4 P2P SESSIONS OFFER)

Sessions must be done within a 4 week period. It is preferred that sessions are booked into the same session each week for 4 weeks. Sessions can be rescheduled within the 4 weeks. There are no extensions or catch up sessions if not attended after the 4 week period.

### TEAM TRAINING

Payments are to be made upfront in full prior to the week beginning. If you are unable to attend team training sessions, you have 4 weeks to do catch up sessions. Any missed sessions not done within 4 weeks become void.

### FITNESS DECLARATION & RELEASE

To the best of my knowledge, my physical condition and fitness are adequate for me to safely participate in fitness programs offered by switch2fitness and I take full responsibility for my own medical checks. I recognise that the instructor is not able to provide me with medical advice and that the above information is used as a guideline to the limitations of my ability to exercise. I agree to advise switch2fitness in writing if any of the information provided changes. I have answered the questions above honestly and to the best of my ability and understand that the instructor will not be held responsible for any neglect on my behalf while training. I agree that by participating in these physical training activities, I do so entirely at my own risk. This includes, without limitation, use of all equipment on and off site location and participation in any activity, class, program, personal and/or group training and instruction and dietary recommendations. I agree that I am voluntarily participating in these activities and the use of these facilities and premises and assume all risks of injury.

I GIVE PERMISSION FOR SWITCH2FITNESS TO USE PHOTOS WHERE I MAY BE INVOLVED ON THEIR WEBSITE, FACE BOOK OR OTHER SOCIAL MEDIA AREAS AS REQUIRED OF MYSELF FOR ADVERTISING & MARKETING PURPOSES ONLY. Y / N

I HAVE READ AND AGREE TO THE ABOVE TERMS AND CONDITIONS.

NAME: \_\_\_\_\_

SIGNED: \_\_\_\_\_

DATE: \_\_\_\_\_

