

Consultation moving forward for the next 6 - 8 weeks

Q Leisure Pre-screening

Calculated maximum heart rate

220 minus      =

Resting heart rate:

Body composition:

Fitness aims:

Training preferences/Additional notes:



One way to get the most from your work-out  
One of a kind

# Fitness assessment card

Your Name:

Instructor's Name:

Your Membership Number:

[www.leisureandspaatQHotels.co.uk](http://www.leisureandspaatQHotels.co.uk)

# Q Leisure Screening Points

1. Has your doctor ever said you have a heart problem?

Yes☐ No☐

2. In the past month have you had any chest pain?

Yes☐ No☐

3. Are you currently taking any medication?

Yes☐ No☐

4. Do you suffer from any bone/joint problems?

Yes☐ No☐

5. In the past year have you had any major illness or surgery?

Yes☐ No☐

6. Have you ever been diagnosed with Diabetes?

Yes☐ No☐

7. Have you ever been diagnosed with Epilepsy?

Yes☐ No☐

8. Have you ever been diagnosed with Asthma/respiratory problems?

Yes☐ No☐

9. Are you pregnant or have you recently had a baby?

Yes☐ No☐

10. Have you ever used a gym before?

Yes☐ No☐

11. When did you last visit a gym?

Date:

12. Can we contact you regarding future promotions at the Club?

Yes☐ No☐

13. Would you be interested in Personal Training?

Yes☐ No☐

Please list additional information if you answered yes to any of the above questions:

I have read, understood and completed this questionnaire. I declare that, to the best of my knowledge, the information given is correct and I know of no reason why I should not participate in any exercise.

Member's Signature:

Print Name:

Instructor's Signature:

Print Name:

Disclaimer Signed

☐

BP Check Complete

☐

Max HR

Resting HR

Training HR

Start date:

## Q Leisure Tips:

1. Always wear comfortable footwear.
2. Wear loose clothing such as a T-shirt and tracksuit bottoms or shorts.
3. Drink plenty of water during and after every training session.
4. Avoid eating heavy meals before exercise.

	Assessment 1	Assessment 2	Assessment 3	Assessment 4	Assessment 5	Assessment 6
Height						
Weight						
Blood Pressure						
Resting Pulse						
Body Composition						
Flexibility Test						
Peak Flow						
12 minute run/walk						