

**Health Screening Questionnaire and Informed Consent**  
**CONFIDENTIAL**

**CLASS VENUE AND TIME:** .....

Name:.....

Address: .....

.....

Date of birth:.....

Occupation:.....

Contact number .....

Email address .....

Emergency contact/next of kin .....

**MEDICAL INFORMATION:**

Do you have/have you ever had any of the following? Please circle:

High//low blood pressure

Neck or back pain

Asthma

Other joint pain

Menstrual disorder/pain

Allergies

Diabetes

Epilepsy

Osteoporosis

Stroke

Chest pain/angina

Other illness/disability

Are you pregnant or have you been pregnant in the last 3 months?

Are you presently taking medication?

Is there anything else that may stop you from exercising safely? (eg. cancer, mental illness, thyroid problems, kidney disease, liver disease, arthritis etc)

Please give dates/details:

.....

.....

**If you have answered yes to any of the above, I recommend you seek medical approval prior to starting a session.**

**INFORMED CONSENT**

I accept that exercise carries some risk to the musculoskeletal system (sprains and strains) and the cardio respiratory system (dizziness, discomfort in breathing etc). I hereby certify that I know of no medical problem (other than any mentioned earlier) that would increase my risk of illness or injury as a result of exercising.

I therefore accept that I am personally responsible for my actions, and waive Tanya Buck of all responsibility should I incur any illness or injury whilst under the guidance and supervision of Tanya Buck.

Signature .....Date.....

**Course/Class Enrolment**

- I would like to enrol for a \_\_\_\_\_ week **course** beginning on \_\_\_\_\_ (date) at \_\_\_\_\_ (time).
- I have paid the full course fee of £\_\_\_\_\_ by cheque/cash/bank transfer to the Instructor

Please make payment by cash, bank transfer or Paypal. Any cheques should be made payable to **Tanya Buck**. Please complete and return this form to me.

If you have any queries, please contact Tanya on 07939 124916 or email [info@tanyabuck.co.uk](mailto:info@tanyabuck.co.uk)