

REGISTRATION / HEALTH QUESTIONNAIRE

Name:	Mobile:	Email:
D.O.B:	PO Box	Occupation/Company:
Nationality:	Emergency Contact Name & Number	

Previous or current exercise regime?	
Do you have any specific goals?	
How did you hear of Fitness 02 Bootcamps?	

Answer each question by circling YES or NO:

1. Have you EVER had asthma, used inhaler medication or been troubled by shortness of breath? YES / NO
2. Do you smoke? YES / NO
3. Do you have diabetes or raised blood sugar levels? YES / NO
4. Have you EVER had epilepsy, experienced fits, seizures, convulsions, fainting or blackouts? YES / NO
5. Have you EVER had heart disease, heart murmur or irregular heartbeat? YES / NO
6. Do you experience chest pain or angina? YES / NO
7. Have you EVER been told that you have high blood pressure? YES / NO
8. Have you EVER suffered from arthritis or any bone or joint related problems? YES / NO
9. Have you EVER undergone any operations? YES / NO
10. Are you currently receiving treatment or taking any medications for any relevant health conditions? YES / NO
11. Do you know of ANY other circumstances regarding your health and fitness that MIGHT make you unable to carry out any exercises conducted during a fitness session? YES / NO

If you answered yes to any question, please explain _____

Upon completion of this form, I declare and understand the following:

- The information given by me in this questionnaire is complete, true and accurate. I have completed the health history to the best of my knowledge and have not knowingly withheld any information, which maybe important.
- I understand that I may be excluded from any exercise and/or fitness assessment based upon my exercise risk or that my participation may in some way be restricted or altered.
- I have been informed of the need for medical approval before joining in the fitness exercise and any training program.
- Fitness 02 Programs can be very demanding physical and psychologically. You will be undertaking Military Fitness Classes and Exercises including but not limited to sprinting and running drills, endurance activities, obstacle courses, circuits, agility, kickboxing and core conditioning and competitive team activities.
- You are encouraged NOT to bring valuable personal belongings to training sessions. If, however, at any time you entrust Fitness 02 with such belongings, please note that you do so at your own risk. Fitness 02 will not be responsible for theft or loss thereof.
- You are voluntarily choosing to participate in a physical exercise program.
- You agree that any information, instruction or advice obtained from Fitness 02, its partners, trainers or staff (collectively Fitness 02) may NOT be used as a substitute for your doctor's advice or treatment.
- You agree that any information, instruction or advice obtained from Fitness 02 will be used at your own risk. You participate in any and all training programs at your own risk.
- Fitness 02 have the right to use any images taking of you, during sessions for promotional purposes.
- You agree to release and hold harmless Fitness 02 from any and all responsibilities or liabilities from injury arising from your participation in any exercise program. Without limitation to the foregoing, if participating in any contact sports, including but not limited to kickboxing, you acknowledge that this could result in injury to yourself or others.
- You and/or your insurers, not Fitness 02, will be responsible for any and all medical and other costs you may incur.
- I have agreed to the Bootcamp program and that no membership fees will be refunded or make-sessions given, unless agreed to by a Fitness 02 management.

Signature

Date