



Client: _____

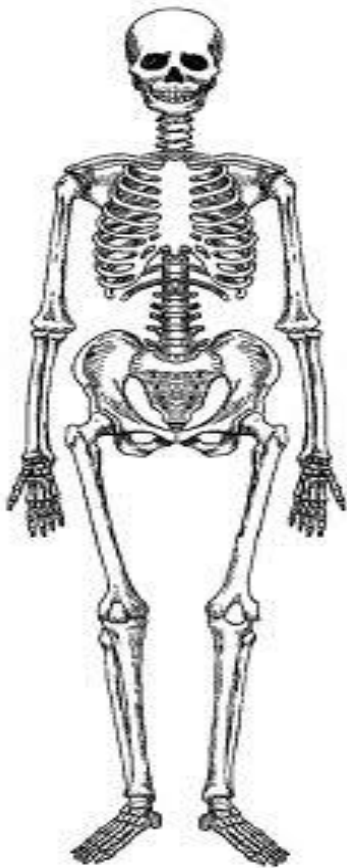
DAVID FAIRLAMB FITNESS

Health and Medical Consultation

Date: _____ Where did you hear of DF Fitness? _____

Name		Date of Birth:	
Address:			
Telephone no: Home	Work	Mobile	
Email:			
Occupation:			Height
In case of emergency contact:		Tel:	
Date of last medical/doctor check up:			
General Health/hereditary health conditions:			
Do you smoke? If so how many per day?		Alcohol consumed weekly	
How stressed are you? 1 – 10 (1 low stress 10 high stress)			
Do you feel any pain especially in the chest when you do physical activity?			
In the past 2 months have you experienced chest pain when not doing physical activity?			
Do you ever feel dizzy or lose your balance or experienced a loss of consciousness?			
Are you currently taking prescription medication?			
Are there any medical conditions past or present that could affect your training?			
What days and times of the week are best for you to attend training?			

Have you had any injuries or fractures that cause you problems and pain or can limit your movement in any way?



Areas of the body affected (please circle)

Does your weight fluctuate?

Current Weight

Best Weight

Goal Weight

Current Fitness regime / Diet / lifestyle

Main objective /achievement to be gained from a health and fitness programme

I have answered the above questions to the best of my knowledge. I understand all the questions asked of me and have been given the opportunity to voice my concerns and questions regarding this health and fitness assessment. I also understand that honest responses to these questions are essential to my own personal safety and that David Fairlamb Fitness can take no responsibility with regards to injuries and illness both during and after any training sessions.

Signed _____

Date _____

Programme Director _____



DAVID FAIRLAMB FITNESS

Overview of a typical days food and drink

Time	Food	Drinks
	Get out of bed	
	Breakfast	
	Mid Morning	
	Lunch	
	Mid Afternoon	
	Evening	
	Supper	
	Going to Bed	
	Weekends	
	Snacks & Weaknesses	
	Where needs attention (DF to complete)	