



Talk to your doctor by phone or in person before you start becoming more physically active and before you have a fitness assessment.

Tell your doctor about the questionnaire and which question(s) you answered yes to. You may be able to do any activity you want - as long as you begin slowly and build up gradually, or you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kind of activity you wish to participate in and follow his/her advice.

If you have answered 'NO' to all questions

You can be reasonably sure that you can start to become more physically active and take part in a suitable exercise programme.  
Remember - begin slowly and build up gradually.

Please note: If your health changes so that subsequently you answer yes to any of the above questions, inform myself immediately  
We may need to change your physical activity or exercise plan.  
Delay becoming more active if you feel unwell because of a temporary illness such as a cold or flu - wait until you are better.

Please tick below if appropriate

..... I have read, understood and completed this questionnaire

..... All questions have been answered to the best of my knowledge

Name..... Date .....

signed .....

Address .....

.....  
.....

phone .....

Emergency contact (name/tel).....



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

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