Name: E-Mail:

Address: DOB:

Mobile Number: Home Phone Number:

Emergency Contact: Are you currently exercising?

Emergency Contact No: How did you hear about MiiTime?

|  |  |  |
| --- | --- | --- |
| **Question please answer all questions accurately** | **Yes** | **No** |
| Have you had a recent Operation involving hospital admission?  If yes, please clarify… |  |  |
| Are you currently suffering from any physical injuries?  If yes,please clarify…. |  |  |
| Do you suffer from High or Low Blood Pressure?  If yes,please clarify…. |  |  |
| Do you have any heart related defects (e.g. murmur, skipped beats, palpitation) or other problems ?  If yes,please clarify…. |  |  |
| Are you taking any medication that could cause a problem during exercise?  If yes,please clarify…. |  |  |
| Do you suffer from shortness of breath following light exertion?  If yes,please clarify…. |  |  |
| Dizzy spells or episodes of fainting following light exercise?  If yes,please clarify…. |  |  |
| Pain, tightness or heaviness in the chest area?  If yes,please clarify…. |  |  |
| Lower leg pain whilst walking which is relieved at rest?  If yes,please clarify…. |  |  |
| Is there any other reason why you should not undertake this type of fitness class? |  |  |

I confirm that I have answered the questions above as honestly and accurately as I am able and that I am fit to undertake a physical exercise programme. I the undersigned know of no reason why I should not undertake this HIIT class. I do not suffer from any medical conditions that would prevent me from participating in such a class. Should my health/medical circumstances change I will inform the trainer prior to participating in the class. I am fully aware that MiiTime needs to store the above data & health information in order to offer a safe & effective service to me ‘the client’ and I am also aware the above information will be stored safely for 7 years after my last session for insurance purposes.

I am happy to join the MiiTime Community & to receive the latest information & offers Y/N (please circle)

I am also aware I can email to withdraw consent at any time by email to [jane.miitime@gmail.com](mailto:jane.miitime@gmail.com) Y/N (please circle)

For more information find MiiTime Privacy Policy at https://www.miitime.co.uk/miitime/privacypolicy/

I acknowledge that 24 hours notice of cancellation

**Signature:** **Date: / /**