



**Client Health Questionnaire** *Body Tone and Mat Pilates*

First Name \_\_\_\_\_ Surname \_\_\_\_\_

DOB \_\_\_\_\_ Email \_\_\_\_\_

Mobile \_\_\_\_\_ Address \_\_\_\_\_

**Emergency Contact**

Name \_\_\_\_\_ Relationship to you \_\_\_\_\_

Mobile \_\_\_\_\_ Email \_\_\_\_\_

**How were you referred to Q Pilates**

- Facebook
- Event
- Google
- Sports Club
- Have previously attended classes
- Flyer
- Magazine
- Walk Past
- Internet
- Health professional insert name
- Friend / family insert name

Please indicate below if you have had, or have at the present time, any of the following *(please circle)*

Stroke or cardiovascular incident	Yes / No	Osteoporosis	Yes / No
Hypertension/hypotension/dizziness	Yes / No	Scoliosis	Yes / No
Epilepsy	Yes / No	Artificial joints	Yes / No
Diabetes	Yes / No	Head or spinal injury	Yes / No

Are you pregnant Yes / No / Maybe

List any current injuries you are receiving treatment for

\_\_\_\_\_  
\_\_\_\_\_

List any surgery you have undergone and include approximate dates

\_\_\_\_\_  
\_\_\_\_\_

List any previous or ongoing musculoskeletal issues with back, neck, knee, ankle and shoulder

\_\_\_\_\_  
\_\_\_\_\_

**Private Health Cancellations** Body Tone and Mat Pilates classes are not eligible for rebates  
You may cancel a booking up to five hours before the class commencement time with no penalty. Clients who cancel inside the above cancellation window or clients who do not arrive for bookings will forfeit that class

**Waiver** **Body Tone and Mat Pilates are not suitable for people with injuries, pregnant, recovering from pregnancy or surgery or who are being managed for certain medical conditions. By signing below, you are acknowledging this and agreeing to full disclosure with your instructor**

I confirm that I am participating in exercise classes, programs and workshops offered by Q Pilates during which I will receive information and instruction about fitness and health. I recognise that exercise requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. Provision of a safe and effective exercise program is dependent upon accurate health and fitness profiling. I have disclosed all relevant personal health and fitness information both prior to and during participation in any exercise class, program and workshop offered by Q Pilates.

I acknowledge I should always consult my physician or other healthcare provider before starting an exercise program. I understand that there is a risk of injury associated with participating and using Q Pilates' studio and equipment. I hereby assume full responsibility for any and all injuries, losses and damages that I incur while attending, exercising or participating with Q Pilates and its employees and contractors. I hereby waive all claims against Q Pilates, its employees, contractors, clients or partners of individually or otherwise, for any and all injuries, claims or damages that I might incur.

Signature \_\_\_\_\_ Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

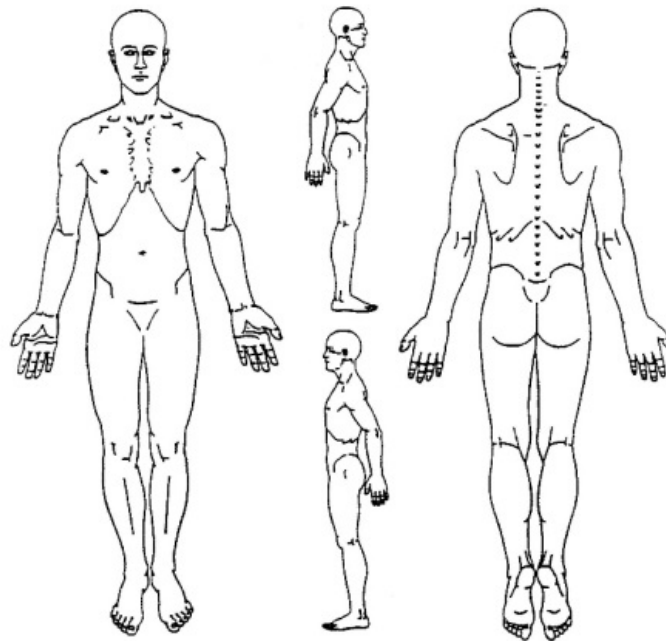
Please turn over and complete body chart section



Body Tone Pilates is a fun, fast-paced and high level Pilates workout, programmed on a daily basis by trained Pilates instructors and Physios, best suited for participants with a good base level of fitness and ***NO injuries***.

This program is not suitable if you are pregnant, early post-partum, or recovering from an injury (unless cleared by a physiotherapist). You must undertake a ½ hour Orientation Class prior to booking into Body Tone classes.

**Please shade on this body chart any areas of tightness or pain  
If none, please leave blank**



**Physiotherapist to complete**

- Injury screening
- Equipment setup taught and understood
- Safety warnings given (eg. kneeling, standing, etc.)
- Transversus/ pelvic floor co-contraction taught
- Imprint vs. neutral spine
- Footwork DL/ SL/ calves
- Abdominal prep
- Feet in straps little frog
- Side lying gluts in strap
- Kneeling chest expansion
- Long box seated hug a tree

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