

DAVID WHYTE TOURS
Fitness Assessment

ENGLISH LAKE DISTRICT

Name:
Date of birth:
Best way to contact you:
Please describe how much you walk each week – the approximate distance, as well as the length of time and the terrain – i.e., half an hour on flat pavement, incline, trail, etc.
Do you have any pain in your knees, hips or legs that affects your ability to walk or hike comfortably?
Do you have any limitations or concerns with regard to balance? Have you ever experienced vertigo?
Do you have any medical conditions that affect your ability to hike for sustained periods of time (4-6 hours) over rugged terrain? If yes, please explain.
Do you hike on trails regularly – for example, every month or every summer?