

Fitness Assessment ^{1/1}

David Whyte New Zealand Tour



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.

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Do you have any pain in your knees, hips or legs that affects your ability to walk or hike comfortably?

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Do you have any limitations or concerns with regard to balance? Do you experience vertigo?

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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.

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Do you hike on trails regularly – for example, every month or every summer?

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