



Mum & Me  
fitness • nutrition

## Health & Lifestyle Questionnaire

### Your Details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Facebook?  
Yes / No \_\_\_\_\_

Mobile No: \_\_\_\_\_

E Mail: \_\_\_\_\_

### Your Emergency Contact Details

Contact Name: \_\_\_\_\_

Phone No: \_\_\_\_\_

GP Name: \_\_\_\_\_

GP Address: \_\_\_\_\_

GP Phone No. \_\_\_\_\_

How did you  
hear about us? \_\_\_\_\_

### Your Health

Do you suffer from any of the following?

High or Low Blood Pressure

Epilepsy

Fainting/Dizziness

Thrombosis

Embolism

Back Pain

Joint Pain

Shortness of Breath

Panic Attacks

Muscular Pain

Chest Pain

Arthritis

- 
- Are you taking any medication – GP or Self Prescribed? Yes / No \_\_\_\_\_
  - Do you Smoke? Yes / No \_\_\_\_\_
  - Do you consume alcohol, on a regular basis? Yes / No - If Yes number of unit per week \_\_\_\_\_
  - How much water do you drink per day? Litres \_\_\_\_\_
  - Are you pregnant? Yes / No - If Yes number of weeks \_\_\_\_\_
  - Have you consulted your doctor regarding a new fitness program? Yes / No / NA \_\_\_\_\_
  - Do you have any injuries past or present which could affect your training? Yes / No \_\_\_\_\_
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### Your Lifestyle

How would you describe your current fitness levels?  Poor  Fair  Good  Excellent

Did you exercise whilst pregnant? Yes / No (provide details below)

\_\_\_\_\_



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### Your Pregnancy

Did you suffer from any of the following?

High or Low Blood Pressure

Epilepsy

Fainting/Dizziness

Pelvic Girdle Pain

Oedema

Diabetes

Carpel Tunnel Syndrome

Back Pain

Other (details below)

Pre-eclampsia

Sciatica

- 
- Provide details of any ongoing conditions \_\_\_\_\_  
\_\_\_\_\_
  - What type of delivery did you have (vaginal, forcep etc)? \_\_\_\_\_
    - Can you confirm that you have had your 6 week check? Yes / No
    - Can you confirm that you had an abdominal check? Yes / No
      - Are you breastfeeding? Yes / No
  - Is there anything else about your pregnancy / labour that should be mentioned? \_\_\_\_\_  
\_\_\_\_\_

### Goals

What would you like to achieve from attending Mum & Me Fitness?

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### Baby Handling Consent

Your Baby's Name:

Baby's Age:

To enable you to get the most of the class and continue with the exercise a Mum & Me Fitness instructor may pick up your baby if they are distressed during the session. By signing below you are agreeing that you are happy for this to take place.

### Declaration:

I confirm I have answered all the above questions honestly and to my best knowledge.  
I agree that, if I have any changes to my health that would affect the answers given above I will notify my instructor.

I accept full responsibility for my child whilst I am taking part in a Mum & Me Fitness class and accept that there is a risk of injury to myself and child that I am willing to accept and know that I can withdraw from the session at any time.

Signed:

Date:



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## Photography Consent Form

Occasionally, we may take photographs/videos of the you &/or babies during classes. We may use these images in printed publications that we produce, as well as on our website and other social media sites.

- May we use your baby's photo in printed publications that we produce for promotional purposes?

**Yes / No**

- May we use your baby's image on our website and other social media sites?

**Yes / No**

- May we record your baby's image on video? **Yes / No**

Please note that websites can be viewed throughout the world and not just in the United Kingdom where UK law applies.

I have read and understood the conditions of use below.

**Parent's or guardian's signature:**

**Date:**

**Name (capitals):**

### Conditions of use

- This form is valid for five years from the date you sign it.
- We will not use the personal details or full names (which means first name and surname) of any baby in a photographic image, on video, on our website, or in any of our other printed publications.
- We will not include personal e-mail or postal addresses, or telephone on video, on our website, or in other printed publications.
- If we use photographs of individual babies, we will not use the name of that child in the accompanying text or photo caption.
- If we name a child in the text, we will not use a photograph of that child to accompany the article.
- We may use group or team photographs or footage with very general labels, such as "a training session" or "learning to play the game".
- We will only use images of babies who are suitably dressed, to reduce the risk of such images being used inappropriately.

## General Data Protection Regulations

- We will send you information regarding our services, class time tables and scheduling?
- We will send you information regarding offers new classes, wider information regarding health, fitness and wellbeing?
- Your data protection is taken seriously and all sensitive information is stored securely and never shared with third parties and you can find full details of how we handle your data in our privacy policy.
- If you ever change your mind you can unsubscribe to opt out

We will not include personal e-mail or postal addresses, or telephone on video, on our website, or in other printed publications.

I have read and understood the condition

**Signature:**