

Health and Wellness Questionnaire

Date of 1st Session with Sublime Pilates:

Name:

Date of Birth:

Email address:

Phone Nos: (Mobile)

(Work)

(Home)

Address:

Is your blood pressure normal/low/high?

Is your cholesterol level normal/low/high?

Do you have an exercise regime currently?

Why is a healthy body important to you?

What does health and wellness mean to you?

What do you want to achieve from your sessions with Sublime?

Have you been treated for any kind of heart disease in the past? If so, please detail:

Do you ever have chest pain when involved in physical activity?

Are you under any medical supervision?

Are you taking any medication at the moment? Please specify

Are you or is there any chance you could be pregnant?

Have you had any accidents/injuries/broken bones? Please give details

Do you know your blood type? If so, what is it?

Do you have any chronic conditions/illnesses?

Do you suffer from pain in your back, neck or shoulders? Please specify

Have you ever been diagnosed with a disc or skeletal condition?

Are you aware of any muscular imbalance or imperfection in the body?

Do you suffer from headaches or migraines? If so, what do you know/think causes them?

What is your job? Do you consider it stressful? How does this affect you?

Do you travel abroad with your work? How frequently? How does this affect your body/sleep etc?

Do you sleep well? Do you get enough sleep?

What is your diet like? Do you think you could improve upon it? Would you like to?

Do you feel emotionally troubled by something in your life right now?

Is there anything else you feel you should let us know?

How did you find out about Sublime? If by google, did you click on the ads on the right side of the page? This marketing information is important to us and we are grateful for your feedback.

Thank you for taking the time to complete this questionnaire. It will help us to devise a programme that we believe will help to improve your overall health and wellbeing. We look forward to working with you.

Namaste

Amanda
@ SUBLIME PILATES
part of Sublime Body&Mind Ltd