

Name _____ Date of Birth _____

Day Phone _____ Cell Phone _____ Email _____

Address _____ City _____ Zip _____

Emergency Contact Name _____ Relation _____

Emergency Contact Number _____

So that we may create a personalized program for you, please answer the following questions. The information that you share is confidential.

Have you had any training in Pilates or personal training? _____

What do you wish to gain from Pilates? _____

What other activities are you currently doing? _____

Has your doctor ever said that you have a heart condition and
recoommended only medically supervised physical activity? YES NO

Do you loose your balance because of dizziness or do you
ever loose consciousness? YES NO

Do you have a bone, joint or other health issues that causes you
Pain or limitations that should be addressed when developing an
Exercise program (bulima, anemia, epilepsy, respiratory, back problems
High blood pressure, high cholesterol, arthritis, diabetes, osteoporosis) YES NO

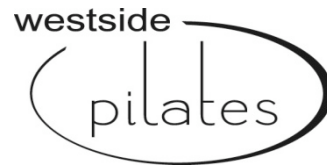
Have you had a recent surgery? YES NO

Are you pregnant now or given birth within the past 6 months? YES NO

If any of the above have been marked YES please
explain: _____

Do you take any medication either prescription or non prescription on a regular basis? YES NO What is the
medication for and are there side effects? _____

How does this medication affect your ability to exercise or achieve your fitness
goals? _____



YES	NO	PRE-EXISTING CONDITIONS	IF YES, DESCRIBE ONSET/DURATION/SEVERITY/LOCATION
		Lower Back Problems	
		Upper Back Problems	
		Neck Problems	
		Disk Problems (what levels)	
		Scoliosis	
		Sciatica	
		Numbness or tingling	
		Headaches	
		Dizziness /vertigo	
		Hip, knee, ankle, foot issues	
		Shoulder, elbow, hand issues	
		Recurrent shoulder dislocation	
		Tendon/ligament muscle sprains or strains	
		A leg length difference	
		Joint Replacement	
		Arthritis	
		Osteoporosis	
		High/low blood pressure	
		Neurological conditions (MS, Parkinsons, Ect)	
		Car accident resulting in injury?	
		Are you pregnant?	
		Abdominal surgery (hysterectomy) or hernias	
		Other	