



Medical Waiver | Rules, Regulations, and Application

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Work _____ Cell _____
(h) _____

Medical Forms Personal Trainer - Medical clearance
MEDICAL HISTORY QUESTIONNAIRE

Important considerations to consider before undertaking any type of exercise program are as follows:

Are you on any medications?
Do you smoke?
Do you have any physical problems that are of concern to you?
Do you have any of the following?
Chest pain (during exercise and/ or rest)?
Coronary heart disease?
Irregular heartbeats?
High blood pressure?
Family history of heart disease?
Rheumatic fever?
High cholesterol?
Respiratory problems?
Shortness of breathe?
Chronic cough?
Diabetes?
Dizziness or loss of consciousness?
Seizures or convulsions?
Severe headaches?
Obesity?
Arthritis?
Serious bone, joint, or muscle injury?
Low back pain?
Surgery(s)- what, when, why, how many?

What does your physician recommend? _____

CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM



Medical Forms Personal Trainer

Waiver and Release

You (the client) agree that if you engage in any physical exercise, class, or activity, you do so at your own risk.

You agree that you are voluntarily participating in activities and assume all risk of injury, illness, and death.

You agree to release and discharge Move It 2 Lose It Fitness, trainers, and employees from any and all claims or causes of action (known or unknown) arising out my negligence.

You acknowledge that you have carefully read this Waiver and Release and fully understand that it is a release of liability.

You are waiving any right that you may have to bring a legal action to assert a claim against me for my negligence.

Client's Signature

Date

Rules and Regulations for Personal Training Sessions

The expiration policy requires completion of an average of one session per week from the date of purchase. You may reschedule a workout session one day (24 hrs) before the scheduled session without penalty. Within that time you must pay for that session.

Unless arrangements have been made with the trainer, member arriving late will only receive the remaining scheduled time for their session. A "no show" will be charged for the session.

By signing this waiver, application, and liability release, you are not guaranteed membership or acceptance to be trained by Move It 2 Lose It Fitness. Move It 2 Lose It Fitness reserves the right to deny services to any person by the sole discretion of Move It 2 Lose It Fitness. All clients applying for services must be able to present a valid and current medical release from their primary doctor to perform and start a fitness regimen upon the request of Move It 2 Lose It Fitness.

No refunds, unless the trainer cannot continue the sessions.

Client's Signature

Date