



Evo-PT - Physical Activity Readiness Questionnaire (PAR-Q)

If you are planning to take part in physical activity or an exercise class, start by answering the questions below. If you are between the ages of 15 and 69 the questionnaire will tell you if you should talk with your doctor before you start. If you are over 69 years of age and you are not used to being very active, check with your doctor. All information will be treated confidentially.

Answer **YES** or **NO**

1. **Have you ever been advised by your doctor that you have a heart condition and should only do physical activity recommended by a doctor?**
2. **Do you ever feel pain in your chest when you do physical activity?**
3. **Have you ever had chest pain when you were not doing physical activity?**
4. **Do you ever feel faint or have spells of dizziness?**
5. **Do you have a bone or joint problem that could be made worse by exercise?**
6. **Have you ever been told that you have high blood pressure?**
7. **Are you currently taking any medication?**
 - a. **If yes, what?** _____
8. **Are you pregnant or have you had a baby in the last six months?**
9. **Is there any other reason why you should not participate in physical activity?**
 - a. **If yes, what?** _____
10. **Date of birth** _____

If you have answered 'YES' to one or more questions

Talk to your doctor by phone or in person before you start becoming more physically active and before you have a fitness assessment. Tell your doctor about the questionnaire and which question(s) you answered yes to. You may be able to do any activity you want-as long as you begin slowly and build up gradually, or you may need to restrict your activities to those which are safe for you. Talk with you doctor about the kind of activity you wish to participate in and follow his/her advice.

If you have answered 'NO' to all questions

You can be reasonably sure that you can start to become more physically active and take part in a suitable exercise programme. Remember-begin slowly and build up gradually.

Please note: If your health changes so that subsequently you answer yes to any of the above questions, inform your fitness or health professional immediately. Ask whether you should change your physical activity or exercise plan. Delay becoming more active if you feel unwell because of a temporary illness such as a cold or flu-wait until you are better.

I have read, understood and completed this questionnaire, and agreed and signed Terms and Conditions (see overleaf)

All questions have been answered to the best of my knowledge

Your Name: _____ Emergency contact name: _____

Address: _____ Emergency contact number: _____

Phone: _____

Signed (Client): _____ Trainer (Evolution): _____

Date: _____



Client Contract

This document provides a summary of the services and terms of Personal Training between this client and the provider, Evolution Personal Training Ltd.

- The client hires the trainer to provide an exercise and training programme designed to assist the client in attaining the goals desired within their lifestyle, as mutually agreed between the client and the trainer. The programme is offered in terms of the knowledge, advice and support of the trainer to guide the client to self-attainment of the purpose and goals. No responsibility or guarantee of specific results is offered by the trainer
- The fee for the training service is £ per hour or parts thereof if agreed by mutual appointment. The session rate will be fixed for all contracted sessions. The fee is due in full prior to commencement of the contracted number of sessions.
- The client agrees that the provision of training and associated services of Evolution or one of its training staff or agents, remain exclusive to Evolution and not the trainer or agent. The client nor the trainer shall not, during registration to Evolution under this Agreement nor without the prior written consent of Evolution during the period of twelve months following termination of registration (howsoever caused) directly or indirectly whether on their own account or on behalf of any other person or through any other person, endeavour to entice away from the company or solicit any business of any kind from Evolution.
- In respect to the above clause immediate dismissal will arise for the trainer and compensation sort legally in respect to Evolution's loss of potential earnings from both the client and the trainer.
- Notification of cancellation is requested at least 24 hours in advance of the appointed time to incur no charge. Late, i.e. less than 24 hours, notification of cancellation incurs a full session charge.
- Sessions will run from the appointed start time to the appointed finish time. Allowance for lateness of the client or interruptions caused by the client are not provided for. Exceptional circumstances are assessed solely by the trainer's discretion.
- In the event of a medical condition or other long-term circumstances preventing completion of all contracted sessions within the timeframe of three months, the client may request an extension of the contract for up to six months. Alternatively, any remaining sessions may be transferred to another client. No refund will normally be made.
- In the event of the trainer being unable to fulfil provision of the service for the contracted period, an alternative trainer will be provided. In certain circumstances a full refund will be made to the client.
- In the event of inclement weather preventing outdoor elements of any programme, suitable indoor alternatives will be suggested. The client is expected to provide clothing suitable to pursue agreed outdoor activities in a range of weather conditions other than unusually adverse.
- The client will adhere to a conventional or modest standard of attire appropriate for exercise and general activity for sessions as will the trainer. Appropriate footwear in good condition is deemed essential.
- The client is informed that the programmes of strength, flexibility and aerobic conditioning involve risks of injury and in extreme cases death. The trainer seeks, through appropriate training and due diligence to health and safety issues, to avoid and minimise risks at all times cannot be held responsible for injuries incurred as a result of the exercise programme when all reasonable care has been taken to avoid risk. The client willingly undertakes the programme recognising such risks.
- The client is responsible and committed to making all feasible, necessary positive changes to realise the purpose and goals of the programme.
- As a result of embarking upon the Personal Training schedule with Evolution, both the client and the trainer are deemed to agree to this contract.