



Yoga Hot Spot
(315) 841-8532 (Call or Text)
E-mail: clb3159@gmail.com

Health History Form

Name: _____

Date: _____

Address: _____

Phone: _____

We do need an emergency contact and #. In the case of an emergency we will call 911 first and then the emergency contact once time allows. Complete the membership form which will include the emergency contact information. The below information is voluntary. If you decide to complete this section it will be kept confidential.

Are you currently taking any medication? Yes or No If yes Reason: _____

2) Do you have or have you ever had any of the following conditions?

CONDITION DESCRIPTION

High Blood Pressure Yes or No _____

Heart Attack Yes or No _____

Stroke Yes or No _____

Chest Pain Yes or No _____

Hypertension Yes or No _____

Diabetes Yes or No _____

Cancer Yes or No _____

High Cholesterol Yes or No _____

Hernia Yes or No _____

Arthritis Yes or No _____

Thyroid Yes or No _____

Anemia Yes or No _____

Have you ever been seriously injured? Yes or No

If yes, where on the body and when?

4) Are you currently under the care of a physician for any reason at all? Yes or No If yes explain _____

5) Do you know of any physical condition that you have that could be aggravated by exercising or exerting yourself? Yes or No If yes, explain _____

6) Are you taking any medication which could cause a reaction while exercising? Yes or No If yes, explain _____

7) Does your doctor know you are beginning a new exercise program? Yes No

8) If your doctor knows that you are going to begin a new exercise program, does he/she object? Yes or No

RELEASE

I know of no physical or medical condition which I, or my doctor, feel could be aggravated by my using the equipment and facilities or participating in activities sponsored by this club. I agree to advise club management in writing if any of the above information changes or if my doctor advises me to stop, reduce or otherwise adjust my exercise regimen at the club. I will advise club management immediately if I injure myself in any way while on club property. The information I have given on this form is, to the best of my knowledge, complete and accurate. (Sign in the open space below)