

Name: _____ Date of Birth: _____

Address: _____

Phone: _____ Email: _____

Emergency Contact: _____ Relation: _____

Emergency Contact Phone: _____

Part 1: Physical Activity Readiness (PAR-Q)

Question	Yes	No
Has your doctor ever said that you have a heart condition and that you should only perform physical activity recommended by a doctor?		
Do you feel pain in your chest when you perform physical activity?		
In the past month, have you had chest pain when you were not performing any physical activity?		
Do you lose your balance because of dizziness or do you ever lose consciousness?		
Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
Is your doctor currently prescribing any medication for your blood pressure or for a heart condition?		
Do you know of any other reason why you should not engage in physical activity?		

If you have answered "Yes" to one or more of the above questions, you need to talk with your doctor before we get started. Tell your physician which questions you answered "Yes" to. After a medical evaluation, seek advice from your physician on what type of activity is suitable for your current condition.

Part 2: Medical History

Question	Response
Do you have any injuries that you're currently dealing with?	
Have you had any serious injuries/surgeries in the past?	
Are you currently taking any medications? If yes, please list.	

Part 3: Work History

Question	Response
What is your occupation?	
Do you sit a lot at your job and/or look at a monitor for most of the day?	
Does your job require any repetitive motions?	
Do you wear high heels regularly (for work or otherwise)?	
Is your job stressful?	

Part 4: Extracurriculars

Question	Response
Tell me about your background with physical activity. How is your current activity state? Was it different in the past?	
Do you play any sports or participate in physical activities? If yes, please list.	
Do you have any hobbies? If yes, please list.	

Part 5: Your likes / dislikes

Question	Response
Are there any types of exercise that you enjoy?	
Is there any physical activity that you absolutely hate?	
What kind of music do you like? You can write favorite artists, genre, etc.	

Part 6: What brings you here today?

Question	Response
What are your fitness goals?	
What made you decide to pursue personal training?	
What motivates you?	

Part 7: What is your workout environment like?

Question	Response
What workout equipment do you currently own?	
What is your floor like (carpet, hardwood, etc?)	
Are you interested in purchasing any exercise equipment for your personal use?	

Part 8: Photo/Video Permissions

Question	Yes	No
Are you okay with taking before/after photos, or any other photos/videos for instruction or progress tracking? These would be only for you to see unless you choose to share them.		
Are you okay with photos being taken of you for promotional purposes? They might show up on social media (Facebook, Instagram) for Jane Reaction Fitness. I would ask your permission before posting.		

ASSUMPTION OF RISK, WAIVER AND RELEASE OF LIABILITY, AND INDEMNITY AGREEMENT DECLARATIONS: This Agreement is entered into between personal trainer Megan Krejny/Jane Reaction Fitness (“Trainer”) and the undersigned (“Client”). The provision of personal training services by Trainer to Client, and Client’s use of any premises, facilities or equipment are contingent upon this Agreement.

ASSUMPTION OF RISK: You agree that if you engage in any physical exercise or activity, including personal training, or enter our premises or use any facility or equipment on our premises for any purpose, you do so at your own risk and assume the risk of any and all injury and/or damage you may suffer, whether while engaging in physical exercise or not. This includes injury or damage sustained while and/or resulting from using any premises or facility, or using any equipment, whether provided to you by Trainer or otherwise, including injuries or damages arising out of the negligence of Trainer, whether active or passive, or any of Trainer’s affiliates, employees, agents, representatives, successors, and assigns. Your assumption of risk includes, but is not limited to, your use of any exercise equipment (mechanical or otherwise), sports fields, courts, or other areas, locker rooms, sidewalks, parking lots, stairs, pools, whirlpools, saunas, steam rooms, lobby or other general areas of any facilities, or any equipment. You assume the risk of your participation in any activity, class, program, instruction, or event, including but not limited to weightlifting, walking, jogging, running, aerobic activities, aquatic activities, tennis, basketball, volleyball, racquetball, or any other sporting or recreational endeavor. You agree that you are voluntarily participating in the aforementioned activities and assume all risk of injury, illness, damage, or loss to you or your property that might result, including, without limitation, any loss or theft of any personal property, whether arising out of the negligence of Trainer or otherwise.

RELEASE: You agree on behalf of yourself (and all your personal representatives, heirs, executors, administrators, agents, and assigns) to release and discharge Trainer (and Trainer’s affiliates, related entities, employees, agents, representatives, successors, and assigns) from any and all claims or causes of action (known or unknown) arising out of the negligence of Trainer, whether active or passive, or any of Trainer’s affiliates, employees, agents, representatives, successors, and assigns. This waiver and release of liability includes, without limitation, injuries which may occur as a result of (a) your use of any exercise equipment or facilities which may malfunction or break, (b) improper maintenance of any exercise equipment, premises or facilities, (c) negligent instruction or supervision, including personal training, (d) negligent hiring or retention of employees, and/or (e) slipping or tripping and falling while on any portion of a premises or while traveling to or from personal training, including injuries resulting from Trainer’s or anyone else’s negligent inspection or maintenance of the facility or premises.

INDEMNIFICATION: By execution of this agreement, you hereby agree to indemnify and hold harmless Trainer from any loss, liability, damage, or cost Trainer may incur due to the provision of personal training by Trainer to you. **ACKNOWLEDGEMENTS:** You expressly agree that the foregoing release, waiver, assumption of risk and indemnity agreement is intended to be as broad and inclusive as permitted by the law in the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. You acknowledge that Trainer offers a service to his/her clients encompassing the entire recreational and/or fitness spectrum. Trainer is not in the business of selling weightlifting equipment, exercise equipment, or other such products to the public, and the use of such items is incidental to the service provided by Trainer. You acknowledge and agree that Trainer does not place such items into the stream of commerce. This release is not intended as an attempted release of claims of gross negligence or intentional acts. You acknowledge that you have carefully read this waiver and release and fully understand that it is a release of liability, express assumption of risk and indemnity agreement. You are aware and agree that by executing this waiver and release, you are giving up your right to bring a legal action or assert a claim against trainer for trainer’s negligence, or for any defective product used while receiving personal training from trainer. You have read and voluntarily signed the waiver and release and further agree that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

Date: _____

Print Name: _____

Sign Name: _____