



Health Index/Waiver

www.TraceyGerety.com

(914) 498-8722 | FitWalk@traceygerety.com

Personal Information

Name:

Address:

Height:

Email:

Weight:

Birth Date:

Phone Number:

Health and Fitness Information

Please list any workout / fitness activities that you have regularly engaged in within the past two years, such as Zumba, Pilates, yoga, CrossFit, team sports, running, etc.:

Please tell us what your top fitness / health / wellness goals are at this time:

Please list any significant current medical condition(s), such as diabetes, heart disease, any other major disease, high blood pressure, high cholesterol, joint or other orthopedic conditions, recent injury, pregnancy, etc.:

Please list any medications you are currently taking:

Date of your last physical exam:

During physical activities, have you recently experienced any of the following:

Chest pains Shortness of breath Dizziness

Do you take vitamins and/or supplements? If so, please list:

Do you smoke?

By signing this document, I affirm that my answers on this Health Index / Waiver form are truthful, and that I have obtained a physician's examination and approval prior to beginning this exercise program.

I fully understand that this program may be strenuous and choose to participate completely and voluntarily at my own risk. I accept full responsibility for my health and any potential resultant injury or mishap that may affect my health in any way.

I agree to hold harmless and indemnify the instructor(s), FitWalk, LLC, and any other individuals or entities involved or associated with *FitWalk* regarding any liabilities associated with this exercise program.

This form may be EITHER...

(A) Printed and hand-signed, and then hand-delivered at the start of your first class (instructions for printing are presented below), OR...

(B) Saved on your computer and then emailed to FitWalk@TraceyGerety.com as an attachment, in which case typing your name in the box below will legally qualify as your formal signature (instructions for saving this form on your computer are also presented below).

Participant's Signature

Date

Printing instructions...

For PCs, right-click anywhere on this form, then click "Print"

For Macs, go to File (located at the top left side of the screen) then click "Print"

Instructions for saving this form on your computer...

For PCs, right-click anywhere on this form, then click "Save as"

For Macs, go to File (located at the top left side of the screen) then click "Save As"

Thank you. We look forward to seeing you in class!