Pregnancy Physical Activity Readiness Questionnaire

Harric				
Phone No.				
Emergency contact & no	umber			
Occupation				
Delivery date				
In the past have you exp	perienced any	of the fo	ollowing:	
A. Miscariage		Yes	No	
B. Other pregenancy co	Yes	No		
If YES please provide de	tails			
Number of previous pre	gnancies:			
Any health issues during	g this pregnan	cy:		
Compared Astroited Local				
Current Activity Level	_			
Very Active				
Moderately active				
Not active				

ABSOLUTE CONTRAINDICTONS

Do you have any of following:

Name

- 1) Ruptured membrane /premature labour
- 2) Persistant 2nd or 3rd trimester bleeding
- 3) Pregnancy induced hypertension or pre-eclampsia
- 4) Incompetent cervix
- 5) High order pregnancy (triplets etc)
- 6) Evidence of intrauterine growth restriction
- 7) Uncontrolled diabetes, hypertension, thyroid disease, other serious cardiovascular condition. Respiratory or systemic disorder.

Unfortunately if you are experiencing any of the above you will not be able to partake in the class.

RELATIVE CONTRAINDICTONS

Do you have any of following:

- 1) History of premature labour in previous pregnancies
- 2) Mild/moderate cardiovascular or respiratory disease (hypertenion, asthma etc?)
- 3) Anemia or iron deficiency

- 4) Malnutrition or eating disorder (anorexia, bulimia)
- 5) Twin pregnancy after week 28
- 6) Other significant condition

Should you be experiencing any of the above please sign below to indicate that you have received the all clear from your doctor to partake in a pre natal exercise class.

SIGNATURE:
The Mum Gym strongly recommends that you consult with your doctor before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. The Mum Gym is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.
I confirm I have read and understood the above. \qed
I agree for photos taken during class and used on The Mum Gym social media $\ \Box$
SIGNATURE: