

Mum & Toddler/Baby Activity Readiness Questionnaire

Name: _____

Phone no. _____

Email: _____

Date of birth: _____

If you've given birth in the last year

Dates of delivery: _____

Delivery type (vaginal/assisted/c-section) _____

Any complications _____

Current activity level _____

Are you seeing any health professional in relation to your delivery/pregnancy _____

If so what have they advised _____

For everybody to complete

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? **YES / NO**
2. Do you feel pain in your chest when you do physical activity? **YES / NO**
3. In the past month, have you had chest pain when you were not doing physical activity? **YES / NO**
4. Do you lose balance because of dizziness or do you ever lose consciousness? **YES / NO**
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity level? **YES / NO**
6. Have you ever had any problems with your back? **YES / NO**
7. Is your doctor currently prescribing any medication for your blood pressure or a heart condition? **YES / NO**
8. Is there any family history of heart disease, stroke, raised cholesterol or high blood pressure? **YES / NO**
9. Do you suffer from diabetes/epilepsy/asthma? **YES / NO**
10. Are you pregnant, or given birth in the last six weeks? **YES / NO**

11. Do you have, or have you had any illnesses recently? **YES / NO**

12. Have you recently had surgery? **YES / NO**

13. Do you know of any other reason why you should not do physical activity?

14. Have you been checked for diastasis recti (abdominal separation) recently? If so do you have diastasis recti **YES/NO**

15. Please tick here if you have never heard of this (diastasis recti) and don't think you have been checked after given birth

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.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself and those under your care, and agree to release and discharge The Mum Gym from any and all claims or causes of action, known or unknown, arising out of negligence.

Please note, that although babies and children are allowed attend class they are not part of the exercise and remain the full responsibility of their parent / guardian at all times.

Signature_____

Date:_____

Are you happy for photos to be taken during the class which may or may not be used for promotional purposes on The Mum Gym website and/or social media accounts. YES / NO