

RUNNING PLUS QUESTIONNAIRE:

This is a questionnaire that comprises 4 sections. It will not take long to complete. Once completed please could you email it to me: lindsay@posture-plus.com. You could also bring the completed form with you to the initial session – just don't forget to bring it with you!


Name:


Age:


Height:


Weight:


1. HEALTH SCREENING:


-  What is the present state of your general health?


-  Has your doctor ever advised against exercise?


-  Do you suffer from pains in your chest, at rest or during exercise?


-  Are you pregnant or have recently had a baby?


-  Do you have any of the following: allergies, asthma or diabetes?

-  Do you have Arthritis?


-  Do you suffer from high blood pressure?

-  Are you on any medication?

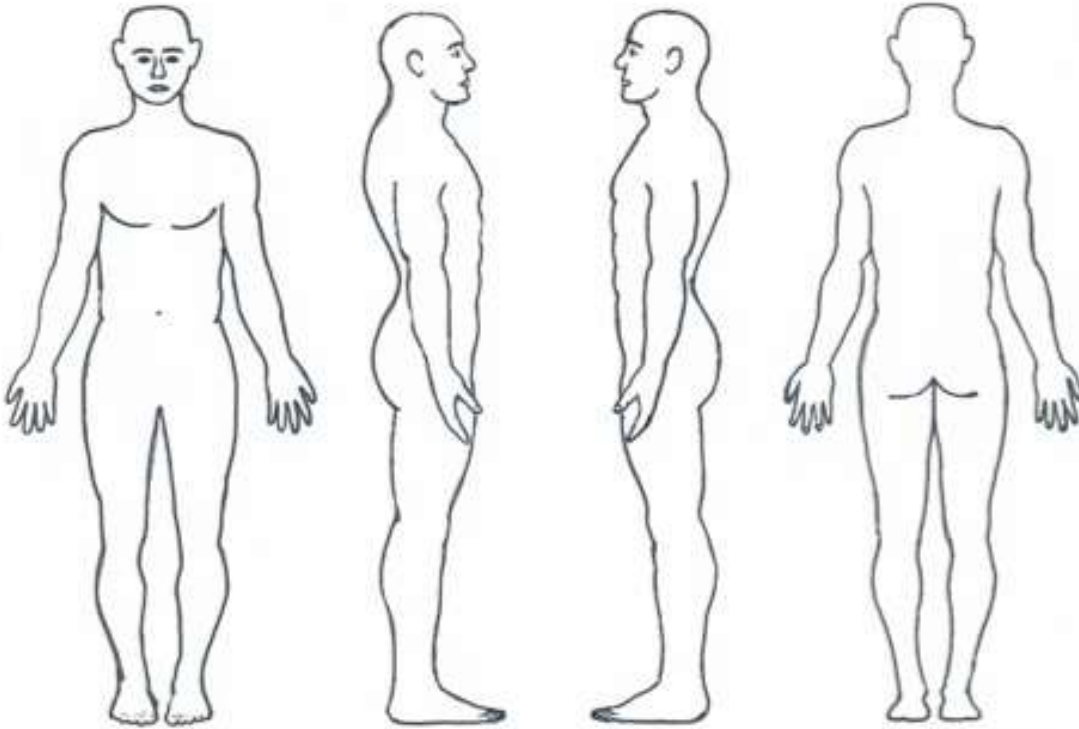
-  Have you had an operation recently?

-  Do you have any bone problems, or had any bone fractures in the last year?

2. **INJURY SCREENING:**

 Do you have a joint or muscle problem, or pain that may be aggravated by exercise?

IF SO: Please indicate which joint or muscle:



3. **RUNNING HISTORY:**

 Are you currently running?

IF SO:

When did you start running?

What is the furthest distance you have ran?

Please complete the table below detailing a typical exercise week: please include all types of exercise.

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Activity							
Distance / duration							
Terrain (outdoors; concrete or track; treadmill)							

 Do you stretch routinely?

IF SO: Please list the areas, and how often you stretch:

4. RUNNING FOOTWEAR:

- ✎ What running shoes do you use?

- ✎ How old are your current running shoes?

- ✎ Do you use orthotics?

IF SO:

What are the orthotics for?

Were the orthotics prescribed / fitted / off the counter?

How old are your orthotics?

To the best of my knowledge, the above information is accurate and complete.

I acknowledge that I am of good health and am capable of running a maximum of twenty minutes on a treadmill.

Signature:

Date: