



INITIAL CONSULTATION QUESTIONNAIRE

Name		Date of Birth	
Email			
Mobile Phone		Home Phone	
Emergency Contact Name		Emergency Contact Phone	

Current Injuries	
Previous Injuries	
Restrictions	
Conditions	

Have you ever had undiagnosed pain in the following? If yes, please provide details.	
Neck	Yes / No
Shoulders	Yes / No
Back	Yes / No
Hips	Yes / No
Knees	Yes / No
Ankles	Yes / No
Other	Yes / No

Are you pregnant?	Yes / No	If yes, what is your due date?	
Family	Do you have any children? Yes / No	If yes, how many?	
Birth History			

Occupation			
Does your occupation involve any repetitive movements or prolonged postures? Yes / No If yes, please provide details.			

Current exercise			
Frequency		Intensity	
Are you or have you ever been training at an elite level? Yes / No If yes, please provide details.			

Why have you decided to commence Pilates?					
What aspect of your health would you like to focus on? (Circle one or more)					
Core Stability	Flexibility	Posture	Pelvic Floor Training	Relaxation	Toning
Other:					
What are the three main aims that you are hoping to achieve with your Pilates program?					
1					
2					
3					

Do you have any allergies? Yes / No If yes, please provide details.	
Do you have or have you in the past contracted any infectious disease? Yes / No If yes, please provide details.	

Any other relevant history / comments?

How did you hear about us?

TERMS & CONDITIONS

All sessions are by appointment only.

Must be paid on or prior to day of session.

If you arrive late you will still need to finish at the allotted time.

If you are more than 20 minutes late we retain the right to refuse your session.

Payment of Fees

Please refer to the [Fees](#) section of our website for information on fees and methods of payment.

Cancellations Policy

This studio has a strict 24 hours Notice of Cancellation Policy. Full fees will be charged for late cancellations. Cancellations can be recorded by staff members by telephone 0419 690 609 or 9949 1486. If you leave a message to cancel on the day of your intended appointment, we won't necessarily return the call. We will register the cancellation and if is within the 24 hours notice, the cancellation fee will automatically be charged. Exceptions to this policy may be considered in extreme emergencies only.

Reassessment Sessions

Clients will be reassessed after an extended absence. A further charge will be incurred.

Hygiene

It is compulsory to wear clean socks and maintain personal hygiene.

Drugs and Alcohol

The studio retains the right to refuse to allow a person to commence or continue a session if they believe that person to be under the influence of non-prescribed drugs or alcohol.

Physical Contact

The pilates method aims to correct compensatory muscle recruitment patterns and improve posture. In order for our instructors to properly instruct you in the method, physical contact to correct your movements will be required. Please inform your instructor if you feel uncomfortable with physical contact as soon as possible.

Agreement

I agree that the information I have provided in this document is true and correct. I have read and understood all wording printed on this document and take full responsibility for my actions at any and all times whilst engaged in activities on the premises of TURNING POINTE PILATES STUDIO during any workouts, classes, practise or use of equipment. I understand that I must give 24 hours notice for cancellation of booking or full fee will be charged.

Signed		Date	
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