

## Medical Clearance

<b>Name:</b>		<b>DOB:</b> / /		<b>AGE:</b>
<b>Programme:</b>	<b>weeks</b>	<b>Email:</b>	<b>Male/Female</b>	<b>Referrer:</b>
<b>Address:</b>				
<b>Phone:</b>			<b>Mob:</b>	
<b>EMERGENCY CONTACT Name:</b>				<b>Doctor</b>
<b>Phone:</b>			<b>Mob:</b>	<b>Med. Centre</b>
<b>Are you a male over 35 or a female over 45?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No				
<b>Yes – Go to Q1                      No – Go to Section 2</b>				
1. Have you done less than 1 hrs exercise per week over last 6 mths <input type="checkbox"/> Yes <input type="checkbox"/> No				
2. I am not used to exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No				
3. Has anyone in your family suffered from heart disease before the age of 60? <input type="checkbox"/> Yes <input type="checkbox"/> No				
4. Do you smoke? <input type="checkbox"/> Yes <input type="checkbox"/> No				
5. Are you a diabetic? <input type="checkbox"/> Yes <input type="checkbox"/> No				
6. Are you currently taking medication or suffer from any conditions below <input type="checkbox"/> Yes <input type="checkbox"/> No				
(Please circle)				
Heart condition    DiabetesHigh    Blood Pressure    Liver/Kidney condition				
Asthma              Arthritis              Eating disorder    Dizziness/Fainting <input type="checkbox"/>				
High Cholesterol    Stroke              Epilepsy				
Other _____				
7. If any 'Yes' box is ticked please complete Medlab blood glucose/cholesterol test (\$29) <input type="checkbox"/> Yes <input type="checkbox"/> No				

## SECTION TWO

### Terms and Conditions

1. Your eatfit programme is valid for the number of weeks of your programme not including public holidays or any days your consultant may be unavailable.
2. Changing or cancelling an appointment is required 24 hours in advance by calling the appointment line only (PHYSIOSOUTH ph 03 332 6487, Oxford/Rangiora – AMI Sports Centre 03 311 8881). Without 24 hours notice made to these numbers in working hours the appointment is forfeited. Phone messages, email or text are not accepted.
3. If you are unable to attend your appointment then a telephone consult can be requested.
4. Only if requested in the first 2wks of the programme - the programme may be put on hold for a set number of weeks in the future.
5. Full investment for an eatfit programme is required on the day of the initial consultation. Weekly automatic payments can be arranged if required. Normal finance criteria, minimum terms and conditions apply.
6. Prices are per person unless stated otherwise.
7. Please note we require a non-refundable per person deposit of \$49.
8. eatfit programme is non transferable.
9. eatfit payments cannot be placed on hold by the client, payments must continue until the full amount of the programme purchased is paid off in full.
10. If full payment is not made on time further action will be taken by a debt collection agency separate to eatfit. All debt recovery and legal fees are at the expense of the client.
11. All information and discussions with your eatfit consultant are done with full confidentiality.
12. You consent to your picture/video and/or story of success to be used for all promotional purposes.

### Disclaimer

1. eatfit will endeavour to provide the best care for the nutrition and exercise lifestyle change you are undertaking.
2. All participants accept that they enter into any activity with 'eatfit' (Healthy Weighs Ltd) entirely at their own risk and will not hold 'eatfit' (Healthy Weighs Ltd) responsible for any injury, illness or death occurring during or after their nutrition and exercise lifestyle change programme.
3. eatfit consultants provide guidance only and you are aware that you should report to your Doctor for any medical related queries or changes you make in relation to nutrition, exercise or medication.

Signed: \_\_\_\_\_

Date: / /