

**GENERAL HEALTH QUESTIONNAIRE - CONFIDENTIAL DOCUMENT**

Name \_\_\_\_\_ Tel. \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Email \_\_\_\_\_

**IT IS IMPORTANT THAT YOU DECLARE WHETHER YOU HAVE / HAVE HAD ANY OF THE FOLLOWING**

Please <b>CIRCLE</b> any conditions which apply to you and <b>TICK BOXES</b>	YES	NO	MEDICATION?
<p><b>STRUCTURAL DAMAGE :</b> injuries, strains, sprains, broken bones, operations etc</p> <p>HEAD : NECK : SHOULDER: ARM : ELBOW : WRIST : HAND : BACK / SPINE : HIP : LEG ; KNEE : ANKLE : FOOT : OTHER.....</p> <p>Brief information.....</p> <p>.....</p> <p>Please discuss any condition with Judith to avoid aggravating a problem as some yoga poses may not be suitable</p>			
<p><b>HYPERTENSION</b> (High Blood Pressure)                      <b>HYPOTENSION</b> (Low blood pressure)</p>			
<p><b>HEART DISEASE</b> (e.g. Angina)                      <b>HEART ATTACK</b>.....</p>			
<p><b>EPILEPSY</b> - Minor / Major.                      <b>STROKE</b></p>			
<p><b>MULTIPLE SCEROSIS</b>                      <b>CANCER</b></p>			
<p>Are you <b>HIV POSITIVE</b></p>			
<p><b>EYE problems :</b>                      <b>GLAUCOMA</b>                      <b>DETACHED RETINA</b>                      <b>Any other</b>.....</p>			
<p><b>EAR problems :</b>                      <b>MENIERE'S DISEASE</b>                      <b>Any other</b>.....</p>			
<p><b>DIABETES</b> - Diet controlled / inject insulin                      <b>DIGESTIVE</b> Problems .....</p> <p>N.B. Ensure you bring medication to class</p>			
<p><b>CHRONIC FATIGUE SYNDROME : M.E.</b></p>			
<p><b>ALLERGIES</b> N.B. Ensure you bring any medication to class</p>			
<p><b>ASTHMA</b>                      <b>BRONCHIAL</b> Problems .....</p> <p>N.B. Ensure you bring medication to class</p>			
<p><b>NOSE BLEEDS</b>                      <b>VARICOSE VEINS</b>                      <b>HEADACHES / MIGRAINES</b></p>			
<p>Are you <b>PREGNANT</b> ?..... Have you had a baby in the last 12 months?.....</p>			
<p><b>ANY OTHER CONDITION?</b></p>			

DATE .....SIGNATURE.....