

**Pre-Enrollment
Kung Fu To'a Questionnaire**

Tell us a bit more about yourself so that we can tailor the training to your needs. We will ask you in the beginning and request you to keep updating your instructor!

Date of Questionnaire: _____ **Name:** _____

Have you heard of Kung Fu To'a before?

Yes No

Are you currently meeting your fitness goals?

Yes No, and I would like some guidance No, but I know what I need to do

Have you ever done Yoga before?

Yes No

If Yes, for how long and what style? _____

Have you ever done Martial Arts before?

Yes No

If Yes, for how long and what style? _____

Based on priority, what are you more interested in?

Yoga Martial Arts Conditioning Philosophy and School of Life

What would you like us to help you achieve?

Jump-Start My Yoga and Fitness	Hone my Fitness	Motivate and find more about myself	Become a Top Martial Artist
<input type="checkbox"/> Improve Health and Wellbeing	<input type="checkbox"/> Increase endurance	<input type="checkbox"/> Achieve a personal goal and develop willpower	<input type="checkbox"/> Develop the 'Mind of the warrior'
<input type="checkbox"/> Improve general fitness	<input type="checkbox"/> Increase strength	<input type="checkbox"/> Diet and nutritional guidance	<input type="checkbox"/> Increase focus
<input type="checkbox"/> Improve flexibility	<input type="checkbox"/> Performance enhancement	<input type="checkbox"/> Find more about life and relationships	<input type="checkbox"/> Increase coordination
<input type="checkbox"/> Lose weight and gain vitality	<input type="checkbox"/> Increase my pain threshold	<input type="checkbox"/> Develop deeper relationships and meet new people	<input type="checkbox"/> Fight with different styles

Please indicate what else you would like to achieve with your training?

Where did you hear of us?

- Search Engine Social Media Friend Other business
- Paper Advertising Demonstration or Event

Tells us a bit more about that's, if it was a friend or social media whom it was? _____

Anything important we need to know?

physical activity readiness questionnaire (PAR-Q) and you

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly:

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you feel pain in your chest when you do physical activity?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
In the past month, have you had chest pain when you were not doing physical activity?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you lose your balance because of dizziness or do you ever lose consciousness?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you have a bone or joint problem that could be made worse by a change in your physical activity?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you know of any other reason why you should not do physical activity?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

if you answered YES to one or more questions

Talk to your doctor by phone or in person **BEFORE** you start becoming much more physically active or **BEFORE** you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered **YES**.

- You may be able to do any activity you want - as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

if you answered No to all questions

If you answered **NO** honestly to **all** PAR-Q questions, you can be reasonably sure that you can:

- Start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

Signature: _____ Witness Signature: _____

Full Name: _____ Witness Full Name: _____

Date: _____