



General Information

Name: _____ Name on DFC Membership (if different from yours): _____

Email: _____ Best Phone Number: _____

Fitness Goals

Please list any fitness goals you would like to achieve through personal training (i.e. increase strength, overall toning, increase cardiovascular fitness, weight loss, decrease stress, improve sports performance, increase flexibility):

Physical Activity Readiness Questionnaire [PAR-Q]

Please answer the following questions as honestly as possible.

Has your doctor ever said that you have a heart condition and recommended only medically supervised physical activity?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you feel pain in your chest as a result of physical activity?	<input type="checkbox"/> Yes <input type="checkbox"/> No
In the past month, have you had chest pain when you were not doing physical activity?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you lose your balance because of dizziness or do you ever lose consciousness?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have a bone or joint problem that could be made worse by a change in your physical activity?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is your doctor currently prescribing drugs for your blood pressure or heart conditions?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have any conditions or limitations that would hinder your ability to participate in physical activity?	<input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, please explain:	
Are you a female \geq 55 years old or a male \geq 45 years old?	<input type="checkbox"/> Yes <input type="checkbox"/> No

If you answered YES to one or more of the above questions, talk with your physician by phone or in person before becoming more physically active or before beginning your personal training session. Tell your doctor about the PAR-Q and which questions you answered YES.

Personal Training Rates:

- Private (1 person) - \$35 per one hour session
- Semi-Private (2 people) - \$50 per one hour session

Personal Training Guidelines:

- All sessions must be purchased in advance.
- Sessions are 60 minutes in length and you'll be contacted to set a schedule once the registration is received.
- Please give notice of cancellation more than 24 hours in advance of a session. You will be charged for sessions cancelled inside 24 hours.
- DFC accepts payment in the form of cash, check, or billed to your account. Make checks payable to the Duke Faculty Club.
- For questions and information, please call 919-684-6672.