Northgate Fitness Ltd

Gym member intake form

New member - personal details, goals and health screening in one form.

Member details

Full name	Sarah Mitchell
Date of birth	9 November 2026
Phone	01632 960 123
Email	sarah.mitchell@northgate-fitness.co.uk
Emergency contact	01632 960 123
Membership type	Peak / off-peak / class-only
Goals	Strength, weight loss, general fitness
Medical conditions	List, or ‘none’
Current medication	List, or ‘none’
Injuries	Current or past relevant injuries

Health screening (PAR-Q)

Any heart conditions, chest pain, dizziness, joint problems? Doctor’s clearance needed Y/N

Consent

I confirm the information is accurate. I understand exercise carries risk and I participate at my own risk. I consent to my data being stored for membership purposes.

Sign-off

Member	Signature	Date