



## Health Appraisal For One On One Consultations

Please take a moment to complete our Health Appraisal prior to your first attendance. This so we have a clear understanding of your overall health. All is completely confidential & your privacy is of our highest priority, so rest assured, this is for our eyes only. We appreciate the time you have taken to complete this & know the questions will generate a great level of personal enquiry as you answer them.

First name \*

Last name \*

Phone number \*

Email \*

Preferred contact method \*

Date of birth \*

Street address \*



City \*

State \*

Zip \*

How did you hear about us?

Which of the following would you like to achieve? (Try not to overthink the questions, go with your most honest thoughts & reactions)

- Become fitter overall
- Look the best version of you
- Define muscle tone
- Improve self confidence
- Build muscle & strength
- Increase energy & stamina

- Specific sporting goal
- Decrease fat & water retention
- Stabilize digestive system
- Balance hormones & adrenals
- Reduce pain & inflammation
- Gain flexibility
- Introduce breath awareness
- Strengthen core & pelvic floor
- Resolve skin sensitivities
- Understand your purpose
- Discover joy, feel alive & happy
- Reduce overwhelm

Why is it important for you to make these changes?

If optimal energy is 100%, how much do you think you have on a daily basis? What percentage would you like this to increase too?

Are you presently moving regularly? Please provide detail.

What best describes you? How do you find it easier to move through challenges?

- Self motivated
- Easier with a partner
- Need constant accountability

In your spare time, what do you enjoy doing? Do you have hobbies & recreational activities you engage in?

What would you rate your current stress levels out of 10?

Source of stress?

What would you like to achieve when you visit us? Either in one on one consultations, classes or our events.

What is the most important aspect of your wellbeing you would like to change & why?

How important is this to you out of 10?

Why is this so important to you? What difference will this make to your life?

How much water do you consume, daily? (Please answer in cups or litres)

What percentage of your food is eaten from packaging?

- 0%
- 0 - 20%
- 20 - 40%
- 40 - 60%
- 60% +

How many teas / coffees (caffeinated drinks) do you consume daily?

How many alcoholic beverages do you consume a week?

- 0
- 0 - 5
- 5 - 10
- 10 - 20
- 20 +

Who lives in your household with you?

What do you do for a living?

Have you thought of what you'd love to do for a living? Perhaps it is the role you are presently in.

What time do you go to bed each night?

What time do you wake each morning?

On average, how many hours of sleep do you achieve each night?

Do you wake during the night? How often? Your time frames?

Do you have regular bowel evacuations? How often?

Do you have any digestive discomforts? Such as bloating, constipation, acid reflux, diarrhoea, gas...

Any medical conditions that may prevent you from moving & increasing your heart rate? (If yes, provide detail) \*

Any joint ailments, aches or pains? (If yes, provide detail) \*

Are you allergic / sensitive to any foods, medications or naturally occurring substances? (If yes, provide detail)

Select any conditions you have had: (If you select any of the options in this section you may need to seek medical advice before we proceed) \*

- Heart attack
- Heart surgery
- Pacemaker
- Heart valve disease
- Heart failure
- Heart transplant
- Congenital heart disease
- N/A

If you have selected one or more of the above, please provide detail here:

Select any symptoms you've experienced: \*

- Chest discomfort with exertion
- Dizziness, fainting, blackouts
- Taking heart medication
- Lower back pain
- Chronic coughing or sneezing regularly
- N/A

Select any other relevant health history: \*

- You are pregnant or may be pregnant
- You recently given birth
- You have injured your pelvic region
- You have musculoskeletal problems
- You take prescription medications
- N/A

Cardiovascular risk factors, please select any that are true for you: \*

- You are man older than 45
- You are a woman older than 55 or you are postmenopausal or had a hysterectomy
- You are a smoker or gave up in the past 6 months
- Your blood pressure is greater than 140/90 mmHg
- You take blood medication
- Your cholesterol level is > 240mg/ml
- You have a close blood relative who has had a heart attack before the age of 55
- You are diabetic or take medication to control your blood sugar levels
- You have epilepsy
- You have asthma
- N/A

If you have selected two or more of the options above, please provide further detail here. You may need to seek medical advice before we proceed.

Please list any additional / supporting information here & any medications / supplements you are taking & why:

Please provide your next of kins contact details: (Used for medical emergencies only) \*

What are some SPECIFIC MEASURABLE goals you would like to achieve? Allow these to be focused on your entire being. Your physical, mental & spiritual self. You may include home life, physical goals, work scenarios, relationships, travel, mindset hurdles & nutritional aspirations.

Think big & detail a life dream you currently have. How do you intend on embracing your dream & creating it as your reality?

Please select which of the following you are interested in: \*

- Movement & Rehab
- Holistic Health
- Nutrition
- Yoga
- Classes
- Ignite - Our Complete, All Inclusive Program
- Empower - Our 8 Week Online Course
- Retreats
- Workshops & Seminars
- Epigenetic Testing
- Food Sensitivity Testing
- Adrenal & DHEA Testing
- Blood Testing Analysis
- Meditation
- Natural Minerals & Crystal Formations
- Jewellery - Our Personal Creations
- Essential Oil Blends
- Unsure

How are you going to ascend towards & embody your highest-self? "I will give my utmost, continuously put my best foot forward, observe my views & conquer my goals" Please initial. \*

We appreciate the time you have taken to complete our Health Appraisal, if there is anything you'd like to see us offer in the future please let us know here. Yours in gratitude, the prana tribe.

## Business Policies

### Cancellation Policy

#### Terms & Conditions

Please read the following carefully.

Schedules, prices, & products are subject to change without notice. Please always check our details online for our most current offers. If you are mid concession, nothing will alter.

All services must be paid for prior to the start of service.

All sales are final & non-refundable or transferable.

Introductory packages & non-member pricing options are subject to a limited time. Please be aware of the expiration date for the specified purchase.

All concessions are valid from the date of purchase. Please be aware of the expiration date for the specified purchase.

Gift vouchers are non-refundable & non-returnable. If purchased for a specific pass or event, they cannot be used as cash. (eg a voucher for a set amount of classes can not be treated as cash value.)

To ensure your safety & to avoid class disruption, latecomers are not able to join the class any more than 5 minutes past start time. No refunds or credits will be given.

By agreeing to these terms & conditions you confirm that you will always use your common sense, be respectful of your environment, your body, props & others around you, & always listen to the cues spoken. Our aim is to present you with an amazing experience & to do this to the highest standard, we require you to be fully present & engaged, always putting your best foot forward.

If you will be late to an appointment / class or an event, please notify us as soon as possible. The session will end as scheduled.

If an event arises that prevents a client or student from attending for a period of time, i.e a holiday or injury, they can arrange to have payments suspended for a reasonable time period. Sufficient proof to validate the request will be required. Circumstances always respectfully considered.

Your PRANA, will not be responsible for lost or stolen items under any circumstances. Please refrain from bringing valuables with you to your session.

Clients & students occasionally receive items to borrow to advance their learning / progress. They are to be cared for like your own & returned in the same condition or a replacement fee will be charged to them.

Your PRANA will be closed on all public holidays & for 3 weeks around Christmas/New Year period. All class pass expiration dates will be extended over this time, & all clients will be notified of closure dates at least 30 days in advance.

Your PRANA.com purchases & bookings will be operational throughout the year, however, delivery / response times will differ around the Christmas/New Year period & on public holidays. We will always

endeavor to do our best for you.

If you change your mind about a product you have purchased from Prana Collective, we may exchange the product or offer a store credit, subject to the following conditions:

- Contact is made within 3 days of purchase
- The item must be returned within 14 days of purchase with the original receipt
- You must provide your name, address, phone number & email
- The returned item must not be stock clearance, a sale item, custom made pieces, gift cards or seconds
- The returned item must be unused with original tags/labels attached
- Note, we are not required by law to provide a refund or replacement if you change your mind

If you wish to return or exchange an item email: [info@yourprana.com](mailto:info@yourprana.com). You are responsible for any costs associated with returning the item. Including any postage & handling costs (circumstances always respectfully considered). If these requirements are not satisfied, Your PRANA reserves the right not to offer an exchange or store credit.

You can choose an exchange, store credit or refund if an item has had a major issue. Proof of purchase – e.g. your receipt will be required. Pick-up & delivery is not included. If the piece has a manufacturer's fault, under the Consumers Guarantees Act you are entitled to a replacement, exchange, store credit or refund for a major failure. Please be sure to read & follow the care guidelines as Your PRANA will not be responsible for any damage caused by the consumer. Please contact us immediately to discuss any issues.

Clients will participate in testing & measurements with Your PRANA to keep track of their progress. These results may be used in various ways to promote Your PRANA & any use of them will be done so in a thoughtful & respective manner.

Your PRANA takes photographs & videos of clients & students on a regular basis for business purposes. For example, Your PRANA may use photographs & videos to better communicate with clients & to illustrate the activities, to aid further development & education, encourage potential clients & students, or to document movements. Your PRANA retains all rights, titles & interest in these materials & may use & disseminate them in a variety of ways, in its sole judgment. Your PRANA takes respectful care that any use or display of videos of clients & students is accomplished in a thoughtful, safe, & secure manner.

Clients must understand & respect Your PRANA's cancellation policy. Individual appointments, classes & events will require 24 hours notice for a cancellation. Clients will be charged the full rate that they would have paid / forfeit appointment credit if a cancellation occurs within this timeframe. Circumstances always respectfully considered.

All programs, courses, workshops & events are to be paid in full for the period of time agreed (Ignite Program, Empower Course, Handstand Workshops, Retreats etc) or a payment plan is to be agreed upon prior to beginning.

No-shows to all appointments, classes & events will have the cancellation policy applied.

Clients & students attending individual appointments or classes must book their morning session at least 15 hours in advance, & attendance for an afternoon session must be booked 4 hours in advance.

Clients & students with outstanding accounts will not be allowed to continue using services at Your PRANA until the account has been fully paid.

Client & student accounts that are outstanding for a period longer than a fortnight, will be referred to a debt collection agency & the client will absorb all fees associated with the collection process.

All recurring payments will be actioned via a direct debiting system for the convenience of all parties. Clients & students understand there are minimal fees associated with this that are passed on to them.

All agreements (contracts / memberships / payment arrangements for events or products etc) with recurring payments will still continue to their end date if you choose to not to participate.

When a client or student enters into an agreement, there is a 48 hour cooling off period, where they can terminate the agreement in writing.

If a client, student or customer wishes to terminate an agreement (contracts / memberships / payment arrangements for events or products etc) with recurring payments within the initial term, then we may consider an exit rate to cover our losses. This scenario would require investigation & sufficient proof. An admin fee of \$50 will be applied for this process & by no means is an exit rate guaranteed to be presented.

All contracts / memberships / special functions / workshops / seminars / events / packages / courses / retreats are non-refundable or transferable unless for medical reasons with proof. Medical reasons will not be valid for a refund within a month of all special functions / workshops / retreats as we cater these events to individuals months in advance. Circumstances always respectfully considered.

If we feel that your conduct is no longer in alignment with our ethics & standards here at Your PRANA we reserve the right to terminate your agreement with us. This may include actions considered illegal, offensive, dangerous to other people or to yourself, or if at point you have more than a fortnight of payments overdue. If we terminate your agreement because of your actions, we will not be liable to you in any way.

By using our website and connecting with us you agree to our terms & conditions.

## Policy

### Liability Waiver

The consultants being Your PRANA & the activity means the participation in one or more of the following: one on one consultations / classes, nutritional consultations, holistic health consultations, yoga, physical conditioning & general health advice.

I acknowledge that it is a condition of participating in one or more of these activities & that I do so at my own risk. I accept all risks & hereby indemnify & release the consultants, teachers, their agents, affiliates, employees, members, sponsors, promoters, & any person or body directly & indirectly associated with the consultants, against all liability (including liability for their negligence & the negligence of others) claims, demands & proceedings arising out of or connected with my participation in this activity. This release & indemnity continues forever & binds my heirs, successors, executors, personal representatives & assigns.

I acknowledge that participating in one or more of these activities may involve a risk of serious injury or even death from various causes including overexertion, dehydration, equipment failure & accidents with equipment & surroundings.

I recognise the difficulties associated with the activity & attest that I am physically fit & able to participate safely in the activity / activities & that a qualified practitioner has not advised me otherwise.

I understand the demanding physical nature of these activities. I am not aware of any medical condition, injury or impairment that will be detrimental to my health if I participate in this activity. In the event that I become aware of any medical condition, injury or impairment that may be detrimental to my health if I participate in this activity, my consultant / practitioner / teacher will immediately be informed. By continuing to participate in these activities, I accept the risks despite these conditions & am still, & always will be under the terms of this agreement.

I certify that I am 18 years of age or older & have read this document & fully understand it.

As a parent or guardian of the participant (a) I agree to the above for myself & on behalf of the participant & (b) I indemnify & will keep any person or body directly or indirectly associated with the conduct of this activity on the terms referred to.

By using our website and connecting with us you agree to our liability waiver.

I agree to these terms and policies

\* Indicates a required field

Done