

5. Are you currently taking medication on a regular basis? Yes No
 If yes, what is it? _____

6. Do you do other physical activity? Yes No
 If yes, what do you do? _____
 How often do you do this exercise? _____
7. On the following scale of fitness would **YOU** rate yourself?
 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10
 Very unfit Average fitness Very fit
8. On the following scale of fitness would **YOU** rate your general health and well being?
 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10
 Very unfit Average fitness Very fit
9. How many days a week do you currently walk 30 minutes or more? _____

Release of Responsibility

I wish to participate voluntarily in the Pole Depot Walking Club for the purpose of personal fitness. I understand that it is my personal responsibility to discuss my health status and exercise program with my physician. I hereby release Pole Depot Community Centre from any liability for any medical events, injury or accidental occurrences resulting from my participation in the Walking Club program.

 Participant

 Date