Rizun Resilience Therapy
WHERE TRAINING BECOMES TREATMENT

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Client intake

Everything here is so I can train you safely and usefully. If a question does not apply, leave it. If you would rather tell me something in person than write it down, that is fine too.

ABOUT YOU

Name _____

Date of birth _____ Today's date _____

Phone _____ Email _____

Address _____

Emergency contact — name, relationship, phone

_____

WHAT YOU ARE AFTER

What do you want out of this?

_____

_____

Why now? Something usually prompts it.

_____

What have you tried before, and what happened?

_____

_____

Is there anything you want to be able to do that you cannot do now?

_____

TRAINING HISTORY

How long have you trained, on and off?

☐ Never ☐ Under 3 months ☐ Under a year ☐ 1–3 years ☐ 3–5 years ☐ 5–10 years ☐ 10 years or more

What are you doing at the moment, in a normal week?

Lifting _____ h Running or walking _____ h Other _____

How would you rate your activity, 1 to 5? □ 1 □ 2 □ 3 □ 4 □ 5

Anything you already know you do not want to do?

_____

HEALTH

We fill this section in together, in person. Not beforehand, and not online. Talking it through catches things a form never would, and your medical history is not going into an email or onto a website.

You will also complete the Get Active Questionnaire. That is the standard pre-exercise screening in Canada and it is a separate sheet. This section is the detail around it.

Conditions you have, or have been told you have

_____

_____

Medications and supplements you take

_____

Surgeries, and roughly when

_____

Injuries. Current ones first, then old ones that still affect you.

_____

_____

Anything that hurts when you move a certain way?

_____

Do you smoke or vape? □ No □ Yes Alcohol in a normal week _____ drinks

How do you sleep? □ Well □ Patchy □ Badly Usual hours _____

Is there anything else I should know that does not fit above?

_____

_____

TAKEN AT THIS SESSION

Height _____ cm Weight _____ kg Resting HR _____ bpm

Blood pressure _____ / _____ HRV _____ ms

Neck _____ cm Waist _____ cm Hip _____ cm

Notes _____

TRACKING

What will you be tracking with?

☐ Garmin watch, model _____ ☐ Another watch _____
☐ HRV4Training on my phone ☐ Nothing yet ☐ Not sure

Phone ☐ iPhone ☐ Android

WHAT YOU ARE AGREEING TO

Read these. Ask about anything that is not clear before you sign.

1. Trevor is a coach, not a clinician. He is a strength and conditioning specialist with a psychology degree. He is not a physician, a physiotherapist, a counsellor, a psychologist or a dietitian. He does not diagnose anything, treat anything, or prescribe anything. Where something needs a clinician, he will say so and point you at one.

2. The screening questionnaires are not diagnoses. If you fill in a PHQ-9, GAD-7 or similar, a high score is a reason to suggest you see a doctor and nothing more.

3. Your health information. Trevor holds what is on this form and what gets measured afterwards, in order to coach you. It is not sold, and it is not shared with your employer, your insurer or anyone else. It is kept for seven years after we stop working together, then deleted. You can see it, correct it, or have it deleted sooner by asking. The full policy is at rizunresilience.ca/privacy.

4. Cancellations. Forty-eight hours' notice to cancel or move a session. Less than that and the session is charged in full. A session you do not turn up for is charged in full. If something serious happens, say so and it will be sorted out.

5. Emergency contact. If something happens during a session, Trevor may contact the person named above.

6. Safety. Training carries risk. You will be shown how to do things properly, and you agree to stop and say so if something hurts, feels wrong, or frightens you. Nothing in a session is compulsory.

I have answered the above honestly and I understand what I have read.

Signature _____ Date _____

Trevor Rizun _____ Date _____
One copy to you, one kept.

This is the intake form only. A separate release of liability is signed in person, and the CSEP Get Active Questionnaire is completed before any training. Neither is on this page.