

## Pre Natal Questions

- 1: Are you pregnant? YES/NO
- 2: How many weeks pregnant are you? and your due date is:
- 3: Does your doctor know you are pregnant? YES/NO
- 4: Have you recently had a check up? YES/NO
- 5: Does your doctor know you are exercising? YES/NO
- 6: Were you exercising regularly before you conceived? YES/NO
- 7: What type of exercise did/do you participate in?
- 8: How many sessions or durations of each session?
- 9: Have you experienced and complications with previous pregnancies? YES/NO

## Post Natal Questions

- 1: How old is your baby?
- 2: What type of birth did you have?
- 3: Did you experience complications during delivery?
- 4: Have you attended a post natal check up? YES/NO Date:
- 5: Does your health care team know you are exercising? YES/NO
- 6: Are you breast feeding? YES/NO
- 7: Did you exercise during your pregnancy? YES/NO
- 8: What type of activity and duration?
- 9: Have you been given specific exercises by your health care team? YES/NO

**IMPORTANT INFORMATION** - Please read carefully and answer as thoroughly as possible:

Have you ever suffered from or do you currently suffer from the following:

Pregnancy induced hypertension	Abdominal pain
Pre-term labour (now or previously)	Severe anaemia
Bleeding in 2nd/3rd trimesters	Incompetent cervix
Miscarriages	Poor general health
Placenta praevia	Overtired

Comments: