

10M

Yoga Intake Form

4/9/24 aggregate

Name or nickname:

~65-AA

23-AA

17-AA

47-AA

33-AA

27-AA

24-AA

45-AA

32-C

29-AA

Age:

17-65

Avg 34.2

1. Have you been to yoga class before?

11/1 Yes/No

2. Why did you come to yoga class?

1 + Stretching, to relieve stress + 1111

to clear my mind + calm myself, peace, improve movement

3. Do you currently exercise? Yes/No

9/1

4. Are you experiencing physical pain?

NO - 1111

yes - 111

Sometimes -

5. Please rate your energy level.

Very low — Low — Medium — High — Very high
1 — 2 — 3 — 4 — 5
11 111 X 1111

6. How is your sleep?

Terrible — Bad — ok — Mostly Good — Great
1 — 2 — 3 — 4 — 5
111 1 1111 11

7. How would you rate your level of stress?

None — Low — Medium — High — Very high
1 — 2 — 3 — 4 — 5
1 11 11 11 11

8. Is there anything else you would like to share?

need peace
loves the exercises
yoga works
I want to go home