

Yoga Intake Form

Name or nickname:

Age:

44

9. Have you been to yoga class before?

Yes/No

10. Why did you come to yoga class?

to get some exercise, to learn some new things.

11. Do you currently exercise? Yes/No

Yes/No

12. Are you experiencing physical pain?

no

13. Please rate your energy level.

Very low 1 Low 2 Medium 3 High 4 Very high 5

14. How is your sleep?

Terrible 1 Bad 2 ok 3 Mostly Good 4 Great 5

15. How would you rate your level of stress?

None 1 Low 2 Medium 3 High 4 Very high 5

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

my stress is between 2 and 3 but I find praying and reading the bible helps a lot with that, and exercise.

Yoga Intake Form

Name:

Age:

49

9. Have you been to yoga class before?

Yes/No

10. Why did you come to yoga class?

I like the stretching and the relaxing part of class

11. Do you currently exercise? Yes/No

I try to walk at least 1 hr a day

12. Are you experiencing physical pain?

no

13. Please rate your energy level.

Very low 1 Low 2 Medium 3 High 4 Very high 5

14. How is your sleep?

Terrible 1 Bad 2 ok 3 Mostly Good 4 Great 5

15. How would you rate your level of stress?

None 1 Low 2 Medium 3 High 4 Very high 5

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

I find the instructor very helpful, ~~help~~ informative and helpful.