

In YOUR own stride



Contact Details

All this information must be completed prior to your first exercise session:

First name _____ Surname _____

Male Female

D.O.B. _____

Email: _____

Telephone: _____

Address: _____

Postcode: _____

How can we help you? _____

Fitness Level:

New to exercise

Irregular exercise

1-3 sessions per week

4+ sessions per week

4+ and races/events

Have you been to a running club before? Yes No

If yes, who was it with (optional)? _____

Signature: _____

Date: _____

Forward Steps Running Club with Rebecca Roach

T: 07984 159824 E: info@forward-steps.co.uk W: www.forward-steps.co.uk