



Renaissance Retreat

1 PERSONAL DETAILS

Name:

Date of Birth:

Email address :

Mobile telephone number:

Home telephone number:

Best time to call:

Occupation:

Person to contact in case of emergency:

Name:

Relationship:

Telephone:

Mobile:

Height:

Current weight:

2 TRAVEL DETAILS

Travel insurance details

Insurance company name:

Insurance policy number:

Insurance company emergency Tel No:

Arrival flight No, Airline and Arrival time:

Departure flight No, Airline and Dept time:

Airport flying from:

Package booked :

Fitness & Wellbeing, REHAB or Wt Loss Programme
1 2 3 4 weeks

Date of Arrival :

Date of Departure :

Payment method :

CREDIT CARD / TRANSFER / CHEQUE / PAYPAL

Arrival Airport Spain

ALICANTE



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3 MEDICAL DETAILS

Do you have any major medical conditions? YES / NO

If so, please specify.

Are you on any current medication (including the use of recreational drugs)? YES / NO

If so, please specify.

Have you ever suffered from any injuries, operations or broken bones.? Y / N

If so, please specify.

Do you suffer from low blood sugar levels? YES / NO

Do you suffer from high cholesterol? YES / NO

Do you suffer from constipation? YES / NO

How long have you had the problem?

Do you have a problem sleeping? YES / NO

How many hours do you sleep?

How is your sleep? BROKEN / CONTINUOUS

How do you awake? REFRESHED / TIRED

4 EXERCISE

Describe your fitness level and any current form of exercise.

5 DIET

Do you eat...

fish? poultry? red meat?

Do you have any special dietary requirements?



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How many units of alcohol do you consume per week?

How many teas / coffees per day?

Do you smoke? If so, how many cigarettes do you smoke per day?

6 MENTAL HEALTH

Have you ever suffered from any mental health issues such as depression? YES / NO

Was it related to an eating disorder? YES / NO

If so, please specify

7 OTHER

Any additional information?

8 AIMS AND EXPECTATIONS

What do you hope to achieve during your time spent with **Renaissance?**

We would like to take this opportunity to thank you for booking one of our packages and look forward to meeting you soon.

Best wishes from all of us at the,



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