**A picture containing text, fog, graphic design, mountain

Description automatically generated**

**Health Questionnaire: Guided Forestbathing Sessions**

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name/Pronouns DOB:

Address:

email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:

Emergency Contact\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:

Does your doctor know you are going to participate in this program: ❑ Yes ❑ No

Does your emergency contact person know you will participate: ❑ Yes ❑ No

*\*\*If not, please inform them of your location and activity*

Do you wear a Medic-Alert Tag or any other marker of a medical problem? ❑ Yes ❑ No   
If yes, please describe:

Do you have allergic or anaphylactic reactions to any insults, such as environmental substances, foods, drugs, insect bites or stings? ❑ Yes ❑ No

If yes, please describe, and let us know if you carry an Epi pen or other fast-acting medication:

If you walked level for a mile at an average pace would you get out of breath, have pains in the chest, develop muscle fatigue or have pains in your legs? ❑ Yes ❑ No

Describe your degree of ﬁtness in your own words:

Do you have any other health-related disease, condition, or concern that program guides should be aware of?

❑ Yes ❑ No

If yes, please describe:

**Signature**

This information is accurate and complete. I agree to communicate fully with program instructors and Guides any health concerns that may arise. I give my permission to staff of the Association of Nature and Forest Therapy Guides to seek emergency medical diagnosis or treatment for me in the event that I am unconscious or unable to make my own decisions. I understand that should I need medical care for any reason while participating in this program the role of Guides will be limited to emergency ﬁrst-aid and either transportation to the nearest medical facility, or contacting such a facility to arrange emergency transport.

SIGNATURE: Date­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_