

# Green Hearts Registration Form

## Contact details

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Tel No. \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact name & phone number:  
\_\_\_\_\_

## Physical activity

**Q1 In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?**

This may include sport, exercise, brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that is part of your job.

0

1

2

3

4

5

6

7

**Q2 How did you hear about the project?**  
\_\_\_\_\_

## For monitoring purposes only:

### Q3 Gender

Male  Female

### Q4 Ethnic group

**White:**  British  Irish

Gypsy or Irish Traveller

Other

**Mixed:**  White & Black Caribbean

White & Black African

White & Asian

Other

**Asian:**  British  Indian

Pakistani  Chinese

**Black:**  British  African

Caribbean  Other

**Other:**  Arab  Jamaican

Romanian  Polish

**Q5 Age**  18 – 25 yrs  26 – 35 yrs

36 – 45 yrs  46 – 55 yrs

56 – 65 yrs  66 – 75 yrs

75+ yrs

**Q6 Do you consider yourself to have a disability?**

Yes  No

## Your information

As a Green Hearts participant we will be keeping you up to date with project news. Most communication will be done by email. If you **DO NOT** want to be contacted by email and would prefer to be contacted by phone or post please tick here: Phone  or Post

If you would like to hear more about London Playing Fields Foundation and our charitable work in the local community you can sign up to our email list here:

The London Playing Fields Foundation is a registered charity (No. 302925) committed to protecting your personal information processed in accordance with the UK Data Protection Act 1998. All data is securely held by LPFF and will not be shared with third parties.

## Disclaimer

Please tick here to confirm that you have read and accept the following statement

Participants make use of the Green Hearts path at their own risk. You should always seek advice from your GP before taking up physical activity. In joining the Green Hearts project you accept that you do so entirely at your own risk and that it is your responsibility to ensure that you are fit and able to take part in the activity.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Your completed Green Hearts application form can be handed to staff at Douglas Eyre Sports Centre who will give you a Joining Pack and Green Hearts armband to be worn whilst exercising at the ground.