

MIND AND BE ACTIVE
PRE-SCREENING QUESTIONS

NAME:

Question 1: What have you been told about the Mind and Be Active Programme from your Health Professional?

Answer:

Question 2: Did they tell you what is involved?

Answer:

Question 3: The MABA programme is not free, did you know that?

Answer:

- Consultation appointment is free
- 1 to 1 support from Fitness Advisor is free
- 30% discount on activities you chose to do – discount applied for 12 months

Question 4: Based on the information you have received today, do you wish to proceed and book a consultation with FSLT?

Answer: **YES/ NO**

Consultation Appointment:

Date:

Time:

Location: