

## **Postnatal INFORMATION**

**Child's First Name:**

**Last Name:**

**Birthday:**

DD/MM/YYYY

**Gender:**

**Male**

**Female**

**How many weeks  
post are you:**

**Type of Delivery:**

**Complication in  
birth:**

**If yes, explain please:**

**Exercise while  
pregnant?**

**If yes, explain please:**

**Any other details you would like our instructors and substitute teachers to know? Please list.**