

Renewal & Reflection Retreat Health & Wellness Questionnaire

NAME: _____

BEST WAY TO REACH YOU IF WE HAVE QUESTIONS:

This is a physically active retreat, and the time we spend outdoors together is a large part of the group experience. We hike, bike and/or swim every day.

Please make your answers as detailed as possible – you will be happiest if you do not end up paying money for a trip you cannot fully enjoy.



**Chateau Le Martin
Eauze, France**

1. Please describe how much you exercise each week. Let us know what your preferred exercise regime is.

2. Do you have any pain in your knees, hips or legs when walking or hiking?

3. Do you have any food restrictions or allergies?

4. Are there any other issues we should be aware of?
