



Core Fitness Studios 2020 Ltd. extended coaching product called Psilocybin Journey is intended as a personal growth experience and should not be looked upon as a substitute for psychotherapy. Core Fitness Studios 2020 Ltd. extended coaching product called Psilocybin Journey can involve experiences accompanied by very strong emotional and physical release. This workshop is not appropriate for pregnant women, or for persons with severe cardiovascular problems, severe hypertension, severe mental illness, acute infectious illness. In some specific cases, this workshop would also not be appropriate in cases of recent surgery/fractures or of epilepsy or various other conditions.

If you have any doubt about whether you should participate, consult your physician or therapist, as well as the facilitators before attending. The answers to the following questions are to assist your facilitators and will be kept strictly confidential. Please answer all questions below as completely as possible.

Any “Yes” answers must be explained in detail on the following page.

1. Do you have a past history or currently suffer from any of the following:
 - a. Cardiovascular disease including heart attacks
yes no
 - b. High blood pressure
yes no
 - c. Diagnosed Psychiatric Condition
yes no
 - d. Recent surgery
yes no
 - e. Past or recent physical injuries including fractures/dislocations that are not fully healed
yes no
 - f. Present/ current infectious or communicable diseases
yes no
 - g. Glaucoma
yes no
 - h. Retinal Detachment
yes no



- i. Epilepsy (if yes, pls describe in detail on next page)
yes no
- j. Asthma (if so, please bring inhaler)
yes no
- k. Prior diagnosis by Healthcare Professional of Bipolar Disorder, or Schizophrenia?
yes no
- l. Osteoporosis that is serious enough that intense movement could cause physical injury
yes no
- m. Strokes, seizures or other brain/neurological condition
yes no
- n. History of aneurysm in immediate family (children, siblings or parents)?
yes no
- o. Diabetes
yes no
2. Are you currently pregnant?
yes no
3. Have you been hospitalized for medical reasons within the last
10 years (if yes, please describe on next
page)? yes no
4. Have you ever been hospitalized due to an emotional crisis (This could include severe depression, suicidal thoughts or attempt to commit suicide, a psychotic episode or nervous breakdown). (If yes, please describe in detail on the attached
page) yes no
5. Are you currently in therapy or involved in any form of support group or practice?
yes no
- If yes, describe what kind and for how long? _____

6. Are you currently taking any type of medication?
yes no



If yes, please give names, dosage and reason for taking it.

7. Is there anything else about your physical or emotional status we should be aware of?
yes no

8. Do you have any addiction?
yes no

9. Have you ever purposely injured yourself or somebody else?
yes no

10. On a scale going from 10 to 1 (10= very good health and
1= being in a very poor one), could you describe how you
have been feeling in the last couple of months or weeks.

Emotionally 1 2 3 4 5 6 7 8 9 10

Physically 1 2 3 4 5 6 7 8 9 10

11. Do you have any allergies?
yes no

12. Do you have any nutritional requirements?
yes no

13. Do you oppose to any form of physical safe touches (i.e., Safe touches can include hugging,
pats on the back, holding hand, an arm around the shoulder)?
yes no

If you answered 'yes' to any of the above questions, please elaborate or explain at the bottom of this form.



I understand that Core Fitness Studios 2020 Ltd. extended coaching product called Psilocybin Journey program is intended as a personal growth experience and should not be used as a substitute for psychotherapy. _____ (initials here)

I understand that Core Fitness Studios 2020 Ltd. extended coaching product called Psilocybin Journey program could involve dramatic experiences accompanied by strong emotional and physical release. _____ (initials here)

In order to get the benefits of this program and to be safely grounded and ready to return home, all of the various pieces of the program are very important. Because of this and also because I may have an expanded state of awareness experience, I understand that in order to be accepted to attend this program, I agree to stay for the entire event. If, despite the above, I still decide to leave the program without completing it, I understand and agree that (1) I will notify a Facilitator before leaving to receive any of the Facilitator's instructions/directions which could minimize the consequences of early departure; and (2) in accordance with the "Release, Waiver, and Indemnity of Liability Agreement", I will be accepting full responsibility for any consequences of leaving early and release and waive any and all claims which I might have against Core Fitness Studios 2020 Ltd. in connection with my early departure. _____ (initials here)

Please read and sign the following statement.

I hereby confirm that I have read and understood the above information and answered all questions completely and honestly and have not withheld any information. If there are any changes in regard to the answers on this form between now and the time of the program, I will notify Core Fitness Studios 2020 Ltd. in writing immediately.

My general health, as far as I am aware, is good.

Name: _____ Date of Birth: _____

Date: _____

Sign: _____ Phone: _____
