

# Esports Gamer Health and Wellness Declaration Form

## Personal Information

Full Name

Age

Team/Organization

Email Address

## Health Status

Average Hours of Sleep per Night

Average Daily Screen Time (hours)

Do you engage in physical exercise regularly?

Do you take regular breaks during gaming sessions?

Do you maintain a balanced diet?

## Medical Declaration

List any current medical conditions

Are you taking any medications?

Do you have any injuries affecting gameplay?

## Consent & Declaration



I confirm that the information provided is accurate and complete.