YMCA of Rock River Valley Health and Exercise Screening

			ne Trainer Completed By		
Name			Date of Birth	Phone	
		W			
		ician			
n helping		ed to obtain relevant informat your exercise program. Pleas	•		
		Are you currently taking any r What kind and purpose?			S .
		Are you a former or present s		•	
		las your physician ever told y	-	uble?	
S		o you have high blood press o you have high cholesterol		evel?	
		o you suffer from any back p	•		
	a	o you have any problems wi ggravated by exercise? Wha	it kind?		
		o you have arthritis? What t			
}		lave you had surgery in the land oo you have diabetes? Is it co			
		o you often experience dizzi			
		re you pregnant?			
		o you have any other health ware of?		•	r should be
If any of	the abo	ve questions are answered "y	yes", physician clearance is	requested for participa	tion.
		Med	lical Clearance		
		is only required for individue			
I here	by certif	y that, to the best of my knov	vledge, this person examin	ed has no contraindicati	on to
partic	ipate in a	a progressive fitness progran	n for a period of		
-			M.D. Date		
	(Physic	ian's Signature)			

_											
o you stai	t an exe	rcise pr	ogram a	and find	i you are	unable t	o stick w	ith it?	Ye	S	No
Jogging St				_ Stren Ellipti	Strength Training Elliptical Machine (Transport)			Racquet SportsWater ExerciseStretching/ToningCardiovascular Conditioning			
ther											
oal separa		regula	r exerci	se prog				e? Us	e the fo	ollowing	g scale to rate eac
xtremely nportant	1	2	3	4	Some 5	what Imp 6		В	9	10	Not at all Important
	Improv	e cardio ut/weigł	nt loss		SS						
	Reshap Improve Ability t Improve Increas Increas Feel be Enjoym Meet no	e performo cope e flexibile stren e energetter ent ew peo	rmance with str llity gth gy level	for a spess	ds	ort					
	Reshap Improve Ability to Improve Increase Increase Feel be Enjoym Meet no Other -	e perfor to cope e flexibi e stren e energ etter ent ew peo – Expla	rmance with str dity gth gy level ple/mak	for a spess	ds Eme	rgenc	У				
	Reshap Improve Ability to Improve Increase Increase Feel be Enjoym Meet no Other -	e perfor to cope e flexibi e stren e energ etter ent ew peo – Expla	rmance with str dity gth gy level ple/mak	for a spess	ds Eme		У				