



Patient's Medical History:

Today's Date: _____
Patient name: _____ Sex: _____ Date of birth: _____
Height / weight: _____
Occupation: _____
Physician: _____ Date of last Physical Examination: _____
Physician's Clinic name and address: _____
Phone: _____ Fax: _____

Check those that Apply:

- _____ Recent illness, hospitalizations or surgical procedures
- _____ Heart Attack, coronary bypass, cardiac surgery
- _____ Abnormal resting or stress ECG
- _____ Uneven, irregular, or skipped heart beats (including a racing or fluttering heart)
- _____ High Cholesterol
- _____ High Blood Pressure
- _____ Diabetes
- _____ Blood Clots
- _____ Stroke
- _____ Pulmonary Disease (asthma, emphysema, bronchitis, other breathing problems)
- _____ Cancer
- _____ Pregnant - How many months along? _____
- _____ Ulcers
- _____ Orthopedic problems or injuries (arthritis or any other bone, joint, or muscle problems)
- _____ Emotional / psychological disorders (including stress, anxiety, or sleep disturbances)
- _____ Physical Inactivity
- _____ Smoking
- _____ Drinking Alcohol (include frequency, i.e. 1x daily, 3x weekly etc.) _____
- _____ Chemical Dependency
- _____ Medications: _____
- _____ Allergies: _____

Please List any other health problems: _____

Please indicate any current or past forms of exercise that you have participated in (including leisure activities):

Patient expected goals: _____

