

# Be Fit Physical Therapy & Pilates, LTD.

## Health & Physical Activity History

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

### In case of emergency, whom may we contact?

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_ Alternative Phone: \_\_\_\_\_

### Personal Physician:

Name: \_\_\_\_\_ Hospital: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Were you referred by a physician to begin an exercise program? \_\_\_\_\_

Date of last physical exam: \_\_\_\_\_

Have you ever had a maximal stress test? Yes \_\_\_\_\_ No \_\_\_\_\_ Date: \_\_\_\_\_

If you answered "Yes" to the above question, please bring test results.

### Program Goals:

\_\_\_\_\_ Body fat loss                      \_\_\_\_\_ Muscular endurance                      \_\_\_\_\_ Stress relief

\_\_\_\_\_ Cardiovascular endurance                      \_\_\_\_\_ Muscular strength                      \_\_\_\_\_ Flexibility

### Exercise History:

Are you participating in a regular exercise program? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please describe: \_\_\_\_\_

### Tobacco History:

Never \_\_\_\_\_ Occasionally \_\_\_\_\_ Daily \_\_\_\_\_ Packs/day \_\_\_\_\_ #years \_\_\_\_\_ Date Quit \_\_\_\_\_

### Nutrition:

Are you currently dieting? Yes \_\_\_\_\_ No \_\_\_\_\_ Explain: \_\_\_\_\_

**Present Symptoms:** (within last 12 months)

- |  |  |                                      |
|--|--|--------------------------------------|
| <input type="checkbox"/> Chest pain/Angina   | <input type="checkbox"/> Nausea/Vomiting on exertion | <input type="checkbox"/> Back pain   |
| <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Cough on exertion           | <input type="checkbox"/> Muscle pain |
| <input type="checkbox"/> Lightheadedness     | <input type="checkbox"/> Swollen legs                | <input type="checkbox"/> Joint pain  |
| <input type="checkbox"/> Heart palpitations  | <input type="checkbox"/> Swollen arms/Lymphedema     | <input type="checkbox"/> Other       |
| <input type="checkbox"/> Fatigue             | <input type="checkbox"/> Leg pain                    |                                      |

Explain checked items: \_\_\_\_\_

\_\_\_\_\_

**Medications:** (list dosages, if known)

\_\_\_\_\_  
\_\_\_\_\_

**Medical History:** (Have you had or do you have any of the following?)

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Rheumatic fever            | <input type="checkbox"/> Diabetes            |
| <input type="checkbox"/> High cholesterol    | <input type="checkbox"/> Congenital heart condition | <input type="checkbox"/> Cancer              |
| <input type="checkbox"/> Heart disease       | <input type="checkbox"/> Lung disease               | <input type="checkbox"/> Parkinson's disease |
| <input type="checkbox"/> Heart attack        | <input type="checkbox"/> Asthma                     | <input type="checkbox"/> Seizures/Epilepsy   |
| <input type="checkbox"/> Heart operations    | <input type="checkbox"/> Multiple Sclerosis         | <input type="checkbox"/> Low blood pressure  |
| <input type="checkbox"/> Chest pain/Angina   | <input type="checkbox"/> Fibromyalgia               | <input type="checkbox"/> Injuries            |
| <input type="checkbox"/> Stroke              | <input type="checkbox"/> Arthritis                  | <input type="checkbox"/> Other               |

Explain checked items: \_\_\_\_\_

\_\_\_\_\_

**Recent Surgeries:** \_\_\_\_\_

\_\_\_\_\_

**Family History:** (Do any blood relatives have or have they had any of the following?)

- |  |   |                                 |
|--|---|---------------------------------|
| <input type="checkbox"/> Heart attack        | <input type="checkbox"/> High cholesterol           | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Heart disease       | <input type="checkbox"/> Congenital heart condition | <input type="checkbox"/> Cancer |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Diabetes                   | <input type="checkbox"/> Other  |

I verify the information provided above to be true and accurate to the best of my knowledge.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Explain checked items: \_\_\_\_\_  
\_\_\_\_\_

WAIVER

By signing this document, I acknowledge that I have been informed of the need to obtain a physician's examination and approval prior to beginning this exercise program. I fully understand that the program may be strenuous and choose to participate completely voluntarily. I accept all responsibility for my health and any resultant injury or mishap that may affect my well being or health in any way. I hold harmless of any responsibility, the instructor, facility or any persons involved with this program or testing procedure.

\_\_\_\_\_

\_\_\_\_\_

Signature

Date

INFORMED CONSENT

By signing this document, I acknowledge that I have voluntarily chosen to participate in a program of progressive physical exercise which can enhance the musculoskeletal and cardio-respiratory systems. In signing this document, I acknowledge being informed of the possible strenuous nature of the program and the potential for unusual, but possible, physiological results including, but not limited to, abnormal blood pressure, fainting, heart attack or death. By signing this document, I assume all risk for my health and well being and hold harmless of any responsibility, the instructor, facility or any persons involved with this program and testing procedures. I understand that questions about exercise procedures and recommendations are encouraged and welcomed.

I verify the information provided above to be true and accurate to the best of my knowledge.

\_\_\_\_\_  
Signature Date

## PERSONAL TRAINING AGREEMENT

### **What you can expect from the trainer:**

1. A discussion of your health background, exercise history, fitness interests and personal goals.
2. The trainer will give you personal attention, feedback, and instruction during your session.
3. An individual program to specifically target your needs and goals, and to customize the routine so as to benefit your progress and personality.
4. The encouragement and motivation you need to help you work through your session and meet the goals you have set for yourself.

Personal trainers cannot provide detailed medical or nutritional instruction. If you have specific questions regarding diet, speak to Mary Lou and we can refer you to a registered dietician/nutritionist. Any questions of a medical nature, we can direct you to the appropriate medical provider.

### **To get the most out of your personal training sessions:**

1. Warm up and stretch *prior* to your session start time. If you cannot do so, please know that this will then take up part of your session. Proper warm up is an important part of a fitness program.
2. Follow the exercise guidelines given to you by your trainer between your sessions. By doing so, you can achieve your goals faster.
3. Please let the trainer know if there is anything that is too easy, too difficult or if something causes pain or is uncomfortable. If you don't tell us, we won't know, and slight pain during a workout could eventually lead to injury.

### **Personal Training Policies:**

1. Session times: Personal Training sessions must start and end on time. If you are late for a scheduled session, the missed time cannot be made up.
2. Cancellations: You must call **24 hours before** your session time, or you will be charged for the session. (Exceptions may be made for emergencies.) If you do not show up for a scheduled session, you will be charged with no exception.

I acknowledge that I have read this document and I agree to abide by the policies stated herein. I understand that charges may be applied if I do not keep scheduled appointments.

All appointments must be paid in advance, at the time of booking.

**How did you hear about us?** \_\_\_\_\_

I verify the information provided above to be true and accurate to the best of my knowledge.

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Signature

Date