

5in1 Fitness Training Program

Health and Medical Questionnaire

Welcome to 5in1 Fitness Training

Name: _____ Join Date: _____ Today's Date: _____

Address: _____

Home Ph: _____ Work Ph: _____ DOB/Age: _____

Gender: Male Female Height: _____ Weight: _____

Emergency Contact: _____ Ph. #: _____

Physician: _____ City: _____ Ph. #: _____

Are you currently under a doctor's care? No Yes

Please list any medications you are taking (name and reason):

Have you ever been treated for any of the following (please circle):

Coronary Heart Disease	Anemia	Emphysema	Rheumatic Heart Disease	Stroke	Elevated Cholesterol
Congenital Heart Disease	Epilepsy	Hernia	Irregular Heartbeats	Diabetes	Kidney Disease
Heart Valve Problems	Hypertension	Eating Disorders	Heart Murmurs	Arthritis	Back Pain
Angina	Cancer	Heart Attack	Joint, Tendon, Muscular Pain	Asthma	Other:

Have you had any surgeries in the last five (5) years? No Yes

Do you have any medical conditions for which a physician has ever recommended restrictions on physical activity? No Yes Explain: _____

Trainer's Notes:

Are you pregnant? No Yes If yes, when is your due date? _____

Do you smoke? No Yes If yes, how many per day? _____

Are you a former smoker? No Yes If yes, when did you quit? _____

Do you have a family history (mother, father, siblings) of heart disease, diabetes, high cholesterol, and/or high blood pressure? If yes, please list: _____

Check the description that best represents the amount of stress you experience on a daily basis:

- No Stress Occasional Mild Stress Frequent Moderate Stress Frequent High Stress Constant High Stress

Check the description that best matches your current overall lifestyle:

- Sedentary Somewhat Active Moderately Active Very Active

Exercise History and Preferences

How many days a week, on average, do you currently exercise for at least 20 minutes?

- None 1-2 3-4 5-6 7

On average, what is the length of time (in minutes) of each exercise session or workout?

- 0-20 21-40 41-60 61-90 90 +

What are your fitness goals here? Circle all that apply:

Improve cardio fitness	Gain weight/muscle	Improve flexibility	Reduce stress	Improve strength
Increase energy	Improve muscular endurance	Improve nutrition	Improve muscle tone and shape	Lower cholesterol
Lower blood pressure	Lose body fat	Injury prevention	Injury rehabilitation	Lose fat/inches

Trainer's Notes: