

FITNESS SOLUTIONS 24/7, LLC

24-Hour Access Club

HEALTH HISTORY FORM

Name: _____ Date: _____

Address: _____

Phone: _____

HEALTH REPORT

Emergency Contact: _____ Phone: (____) _____

Doctor's Name: _____ Phone: (____) _____

- 1) Are you currently taking any medication? Yes No
Type _____ Reason _____
Type _____ Reason _____
Type _____ Reason _____

2) Do you have or have ever had any of the following conditions?

CONDITION

DESCRIPTION

- Heart Attack [] Yes [] No
Stroke [] Yes [] No
Chest pain [] Yes [] No
Hypertension [] Yes [] No
Diabetes [] Yes [] No
Cancer [] Yes [] No
High Cholesterol [] Yes [] No
Hernia [] Yes [] No
Arthritis [] Yes [] No
Thyroid [] Yes [] No
Anemia [] Yes [] No
Other [] Yes [] No

3) Have you ever been injured in any of the following areas?

BODY PART

DESCRIPTION

WHEN?

- Neck [] Yes [] No
Shoulders [] Yes [] No
Arms [] Yes [] No
Abdomen [] Yes [] No
Back [] Yes [] No
Legs [] Yes [] No

4) Are you currently under the care of a physician for any reason at all? Yes No

If Yes, explain _____

5) Do you smoke cigarettes? Yes No If yes, how much? _____

6) Do you know of any physical condition that you have that could be aggravated by exercising or exerting yourself? Yes No If Yes, explain _____

7) Are you taking any medications that could cause a reaction while exercising? Yes No

If Yes, explain _____

8) Does your doctor know that you are beginning a new exercise program? Yes No

If Yes, does he/she object? Yes No If Yes, why? _____

RELEASE

I know of no physical or medical condition which I, or my Doctor, feel could be aggravated by my using the equipment and facilities at FS 24/7, LLC. I agree to advise the owner in writing if any of the above information changes or if my doctor advises me to stop or alter my exercise regimen at FS 24/7, LLC. I will advise the owner immediately if I injure myself in any way while on FS 24/7 property. The information I have given on this form is, to the best of my knowledge, complete and accurate:

Signed: _____ Printed Name: _____ Date: ____/____/____