



HEALTHY
By Heather

1	HOW TO USE THE GUIDE	2	HOW TO WORK WITH HEALTH CARE PROVIDERS	3	INTRO, LETTER TO HEALTH CARE PROVIDER
4	HEALTH AND MEDICAL QUESTIONNAIRE	5	FITNESS ASSESSMENT	6	INFORMED CONSENT
7	CANCELLATION POLICY	8	STARTING AN EXERCISE PROGRAM PATIENT HANDOUT	9	YOUR PRESCRIPTION FOR HEALTH

FITNESS ASSESSMENT

Healthy by Heather LLC

Fitness Assessment Data Sheets

Name: _____ Date: _____

Phone number (Cell, work, home):

Date of birth: _____ Age: _____ Height: _____

Resting heart rate: _____ Resting BP: _____ Weight: _____

Orthopedic Limitations

Circumference Measurements

Neck: _____ Abdominal: _____ Waist: _____

Shoulder: _____ Hip: _____ Chest: _____

Thigh (Mid): _____ Arm: (L) _____ (R): _____

Body Composition

Percent bodyfat: _____ Pounds of fat: _____ Rating: _____

Muscular Endurance

Number of push-ups: _____ Rating: _____

Number of curl-ups: _____ Rating: _____

Flexibility (Modified Sit and Reach test) Best of three trials

Best Trial (inches): _____ Rating: _____

General Screening

Postural Screen: _____

Anterior Shoulder Flexibility: _____

Cervical ROM: _____

Resisted internal/external rotation: _____

Full Knee extension/flexion: _____

Single & Double knee to chest: _____