



Name_____

Age_____ Height _____ Weight_____

email_____

Phone_____

Present Physical Condition -Circle your level.

Olympian 10 9 8 7 6 5 4 3 2 1 Coach Potato

Have you spoken to your doctor about this or any other exercise plan? Y / N

If yes, what were her recommendations?

Are you taking Prescription Medications?

Med/Reason_____

Med/Reason_____

Med/Reason_____

Do You ...

Smoke_____ Drink Alcohol (drinks per day)_____

How many hours do you regularly sleep a day?

When?_____

Describe your job:

____ Sedentary ____ Active ____ Physically Demanding

Existing physical conditions/limitations

- 1. _____ Recent Surgery
- 2. _____ Breathing or Lung Problems
- 3. _____ Muscle, Joint or Back Disorder
- 4. _____ Heart Condition
- 5. _____ Thyroid Condition
- 6. _____ Hernia
- 7. _____ Asthma
- 8. _____ Dizziness
- 9. _____ Hypertension
- 10. _____ Diabetes
- 11. _____ Arthritis
- 12. _____ Osteoporosis

Explain any of the previous. Add any that aren't on the list

Your assessment of your current eating habits:

Health nut 10 9 8 7 6 5 4 3 2 1 Donuts & Dew

Do you have or have you had any eating disorder? **Y / N**

Describe _____

Recent/Current Injuries (Cause/Effect)

Past Athletic Activity (sports played, physical hobbies,etc)

Current Workout/Activities _____

Physical/Health Goals: Be specific

Short Term (1 month)

Medium Term (3-6 months)

Long Term (1 year and more)

Who's your favorite sports team?

What's your favorite movie?

May we add you to our e-mail list to keep you updated on

CrossFit Aledo events? (**YES / NO**)