



Angela Martin, NPTI-CPT
Personal Trainer and Nutritional Consultant

Client Name _____ **Date of Birth** _____

Moderate or vigorous exercise should not be a hazard for most people providing it is undertaken as part of a regular program starting from low intensity and progressing gradually. However, some people may need medical attention/advice before starting exercise, medical supervision while exercising or may only be able to undertake restricted physical activity under medical supervision.

Coronary Artery Disease Risk Factors
 (do you have/suffer from any of the following?)

	Yes	No	Don't Know
Smoking	___	___	___
High Blood Pressure	___	___	___
High Cholesterol	___	___	___
High Blood Glucose Levels	___	___	___
Overweight or Obese	___	___	___
Family History of Heart Disease (under age 55)	___	___	___
Are you taking any medication/drugs?	___	___	___
Details _____			
Do you suffer from any allergies?			
Details _____			
Do you suffer from any regular aches, joint pain, or muscle pain?	___	___	___
Details _____			
When was your last physical?			
Details _____			
What regular exercise have you done in the last 6 months?			
Details _____			
Is there anything else you think I should know?			
Details _____			
Please list an emergency contact name and telephone number			

 Signature

 Date