



# Ben-a-fit Personal Training

Ben-a-fit Personal Training  
600 Commerce Dr., Suite D  
Roseville, CA 95678  
(916) 791-1262

## Ben-a-fit Health Screen (Boot Camp)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Height: \_\_\_\_\_

Yes \ No

Has your doctor ever said that you have heart trouble? \_\_\_\_\_

Do you frequently have pains in your heart or chest? \_\_\_\_\_

Do you often feel faint or have severe spells of dizziness? \_\_\_\_\_

Has a doctor ever said your blood pressure was too high? \_\_\_\_\_

Are you over the age of 65 and not used to vigorous exercise? \_\_\_\_\_

Has your doctor ever said that you have a bone or joint problem which could be made worse by vigorous exercise? \_\_\_\_\_

Is there any other reasons not mentioned why you should not follow a vigorous exercise program? \_\_\_\_\_

Explain any yes answers, list any limitations ( knee pain, back problems, etc.) that you have, also list any medications that you are taking that may affect you while exercising.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you have any health problems or physical limitations it is strongly recommended that you obtain your physicians approval before starting an exercise program.