FITNESS ASSESSMENT REGISTRATION

FITNESS REGISTRATION FORMS

Name ___________________________________________________________ Phone #: ____________________________

E-mail Address ____________________________________________________

Fitness Specialist: ____________________________________________________________________________

Your Status:  Active Duty  Civilian  Reservist  Family Member  Retiree

(Please Circle One)

Please indicate which days and times you are available for your Initial Assessment:

DAY(*s): M T W TH F S SU  TIME(*s): ____________________

(Please Circle One)

CONSENT AND LIABILITY WAIVER

I, __________________________, acknowledge that I will be participating in resistance and/or cardiovascular training in a PACNORWEST Navy fitness area.

I understand that the cardiovascular equipment, weight machines, and free weights in the fitness centers were not designed for specifically any age. Therefore, some have an increased risk for injury. I also understand that a possibility for injuries exists when utilizing weight training equipment and that these injuries MAY have a permanent effect on the body. Any questions regarding your risk for injury should be directed to your family physician.

I understand that I must be in good physical condition and free from any medical condition that may be aggravated by physical activity. I also understand that I must have a physical examination by a physician within the past 12 months.

I understand that areas and hours of use of fitness centers by patrons may vary from base to base and that local rules and restrictions will apply.

I waive, indemnify, exonerate, hold harmless MWR, facility staff and the US Navy and their assigns for any claims, demands and causes of action (including defense costs and attorney’s fees) arising out of or pertaining to any loss, damage, injury or death sustained, caused by any negligent act or act of omission, or breech of duty related to the MWR facility. This release applies whether or not any claim, demand, action or suit is based on or alleged to be based on or in part, the negligent act or act of omission, or similar conduct of those parties are hereby released and indemnified. The undersigned does hereby assume all risks and hazards in use of this MWR facility. The undersigned hereby acknowledges that he/she possesses adequate medical and hospitalization insurance coverage in case of injury.

_________________________________________  ____________________________
Signature                           Date
INFORMED CONSENT FORM

NAME: ___________________________  SEX:  M  F  AGE: __________

ADDRESS: ___________________________

TELEPHONE: ___________________________

_________________________ has volunteered to participate in a program of progressive physical exercise.

I ___________________________ waive any possibility of personal damage or injury to self for present and future use of the facility and accept responsibility for requesting such exercise and assistance. The possibility of certain unusual changes during exercise does exist. They include: abnormal blood pressure, fainting, disorders of heartbeat, and very rare instances of heart attack. Every effort will be made to minimize them by preliminary examination and by observations during situations which may arise. I hereby acknowledge and accept these risks. To my knowledge I have no limiting physical condition or disability which would preclude an exercise program.

_________________________________  ___________________________
Signature       Date

All participants prior to involvement in the exercise program should obtain a physician’s examination. If a participant refuses to obtain a physician’s permission, he/she must sign the following statements.

I, ___________________________, have been informed of the need for a physician’s approval for participation in a progressive exercise-fitness program. I fully understand the strenuous nature of the program.

I, ___________________________, accept complete responsibility for my own health and well-being in the voluntary exercise-fitness program and understand that no responsibility is assumed by MWR, Facility Staff, or U.S. Navy.

_________________________________  ___________________________
Signature       Date
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THE PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise and the completion of the PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common Sense is your best guide in answering these questions. Please read them carefully and circle the YES or NO for each question as it applies to you.

1. Has your doctor ever said that you have heart trouble? . . . YES NO
2. Do you frequently have pains in your heart or chest? . . . YES NO
3. Do you often feel faint or have spells of severe dizziness? . YES NO
4. Has your doctor ever said that your blood pressure was too high? . YES NO
5. Has your doctor ever said that you have a bone or joint problem, such as arthritis, that has been aggravated by exercise, or might be made worse with exercise? . . . . . . . . . . YES NO
6. Is there a good physical reason, not mentioned here, why you should not follow an activity program even if you wanted to? . . . YES NO
7. Are you over the age of 65 and not accustomed to vigorous exercise? . YES NO

If you answered YES to one or more questions:

If you have not recently done so, consult with your personal physician by telephone or in person BEFORE increasing your physical activity and/or taking a fitness test. Tell him or her what questions you answered YES to. After a medical evaluation, seek advice from your physician as to your suitability for:
- Unrestricted physical activity, probably on a gradually increasing basis or
- Restricted and supervised activity to meet your specific needs, at least on an initial basis. Check in your community for special programs or services.

If you answered NO to all questions:

If you answered the questions on the PAR-Q accurately, you have reasonable assurance of your present suitability for
- A GRADUATED EXERCISE PROGRAM – A gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort.
- AN EXERCISE TEST – Simple tests of fitness may be undertaken if you desire.

Postpone exercise or exercising test:
- If you have a temporary minor illness, such as a common cold.

PAR-Q Acknowledgement:

Name (PRINTED) __________________________ Date __________________________

Signature ________________________________
FITNESS ASSESSMENT REGISTRATION

HEALTH HISTORY FORM

Name __________________________________________ Date ____________________________
Address ______________________________________________________________________
Work# __________________ Home# ___________________ Cell # _____________________
Date of Birth ________________________ Height ____________________ Weight ____________

Person to contact in case of emergency:
Name __________________________________________ Phone# _________________________

Are you currently taking any medications? Yes _______ No _______
If so, please list medications, dose and reason: __________________________________________

Does your physician know you are participating in this exercise program? Yes _______ No _______
Describe any physical activity you do somewhat regularly: ________________________________

MEDICAL HISTORY

Any history of heart problems, chest pains or stroke? Yes _______ No _______
Increased blood pressure? Yes _______ No _______
Any chronic illness or condition? Yes _______ No _______
Difficulty with physical exercise? Yes _______ No _______
Advise from physician NOT to exercise? Yes _______ No _______
Recent surgery (last 12 months)? Yes _______ No _______
Pregnancy (currently or in the last 3 months)? Yes _______ No _______
History of breathing or lung problems (asthma)? Yes _______ No _______
Muscle, joint, or back disorder? Yes _______ No _______
Diabetes or thyroid condition? Yes _______ No _______
Smoking Habit? Yes _______ No _______
Previous injury still affecting you? Yes _______ No _______
Obesity (more that 20% over ideal body weight)? Yes _______ No _______
Increased blood cholesterol? Yes _______ No _______
Hernia, or any condition that may be aggravated by lifting weights? Yes _______ No _______
History of heart problems in immediate family? Yes _______ No _______

Please explain any “Yes” answers: _______________________________________________________

I, __________________________________________ do hereby agree that all of the information
regarding my medical history is correct to my knowledge.
Dear Medical Professional:

Your patient __________________________ wishes to begin a personalized training program with the fitness staff at the Naval Base Everett Fitness and Aquatic Center. We request written permission based on the information taken from their medical history. If your patient is taking medication that will affect his/her heart rate response to exercise, please indicate the manner of the effect (raises, lowers, or has no effect on heart rate response). In addition to any other limitations or guidelines you would like your patient to follow.

Type of Medication__________________________________________________________

Effect__________________________________________________________

*Please identify any recommendations or restrictions that are appropriate for the involvement of your patient in this exercise program:

Frequency: ____________________________________________________________

Intensity: ____________________________________________________________

Time: ________________________________________________________________

Type: ________________________________________________________________

Other: □________________________________________________________________

Thank you,

C/o: ____________________________, Naval Base Everett Fitness Specialist

(Please mark which gym your Registration Form has been turned into.)

☐ Everett Naval Station
   (425) 304-3922 Office
   (425) 304-3069 Fax

___________________________________________ M.D.  __________________________(date)

Physician’s Name (Print)  __________________________ Phone

___________________________________________ M.D.  __________________________

Physician’s Signature
FITNESS GOALS
BODY COMPOSITION ANALYSIS

Name: _____________________________________ Date: __________________________

Current Weight Lbs: ______________

Current Body Fat % ______________

Current Weight: _________ x Body Fat%_________ = _________Current Lbs. Body Fat

Current Weight _________ - _________Lbs. Body Fat = _________Lbs. Lean Body Mass

Body Fat Goal% ______________

Current Weight: _________ x Body Fat Goal%=________Lbs. New Body Fat

Current Lbs. Body Fat:_______ - _______ New Body Fat =New Lean mass _________

MEASUREMENTS

Height  ______

Neck  ______  Men: Neck – Waist = (CV)
Bicep  ______
Forearm ______  Women: Waist + Hips then – the Neck
Chest  ______
Waist  ______
Hips  ______
Thigh  ______
Calf  ______

Blue Book will have measurement codes by height and circumference value (CV)