Personal Trainer Intake Form

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Health History
Current Medications:
None
Past Surgeries:
Appendectomy in 2015
Chronic Illnesses:
Asthma
Recent Injuries:
Sprained ankle, fully recovered, 6 months ago
Family Medical History:
Hypertension, diabetes
Fitness Goals
Short-Term Goals:
Improve cardiovascular fitness, start a consistent exercise routine
Long-Term Goals:
Run a half-marathon, develop a balanced and strong physique

KMTC Parrarel Program Intake

Christian Drosten

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