



Appendix B

FORMS

The following forms can be found in the SrFit™ 3rd Edition book or on the American Academy for Health and Fitness website.

1. Overview and Consent/Release Form

To view in the book, see “Overview and Consent/Release Form” on page 115”

To download the form, go to http://www.aahf.info/pdf/Overview_and_Consent.doc

2. Medical Questionnaire

To view in the book, see “Medical History Questionnaire” on page 117”

To download the form, go to http://www.aahf.info/pdf/Medical_Questionnaire.doc

3. Exercise Profile

To view in the book, see “Exercise Profile” on page 126”

To download the form, go to http://www.aahf.info/pdf/Exercise_Profile.doc

4. Activities Questionnaire

To view in the book, see “Activities Questionnaire” on page 127”

To download the form, go to http://www.aahf.info/pdf/Activities_Questionnaire.doc

5. Physical Activities Index

To view in the book, see “Physical Activity Index” on page 128”

To download the form, go to http://www.aahf.info/pdf/Physical_Activity_Index.doc

6. Cover Letter to Physician

To view in the book, see “Cover Letter to Physician” on page 130”

To download the form, go to http://www.aahf.info/pdf/Letter_to_Physician.doc

7. Statement of Medical Clearance for Exercise

To view in the book, see “Statement of Medical Clearance for Exercise” on page 131”

To download the form, go to http://www.aahf.info/pdf/Med_Clearance_for_Exercise.doc