



FITNESS PRO FORMA

Demographic data :

Full Name :

Age :

Gender :

Dominance :

Ward :

Date of admission :

Date of surgery :

Date of assessment :

Address :

Phone number :

Chief complaints :

Complaint	Site	Duration	Progression

Past history :

- Past Medical -
- Past Surgical -
- Drug history -

Family history :

Socioeconomic history :

- **Modified Kuppuswami Scale :**

Environmental history :

- Work -
- Home -

Personal history :

- Appetite-
- Sleep-
- Narcotic addiction-
- Alcohol addiction-
- Bowel-
- Bladder -
- Any major fluctuations in weight in the past 12 months (+ or -)?

History of hospitalization :

- Investigations done -
- Diagnosis -
- Advised surgery / intervention -

Physical Examination :

General Examination :

Objective	Subjective
Blood pressure : Temperature : Pulse rate : Respiratory rate :	Built : Nutrition : Pallor : Icterus : Clubbing : Cyanosis : Lymphadenopathy : Thyroid swelling : Oedema : Rheumatic nodules : Petechial haemorrhage : Osler nodes :

- **Examination:**

- Height -
- Weight -
- Body Mass Index -

- **Circumference measurement:**

- Arm
- Forearm
- Waist

- Hip
- Thigh
- Calf

- **Waist hip ratio:**

Interpretation:

Cardiovascular Capacity :

	Pre-Test	Post-Test
Resting Heart Rate (15 sec. pulse, measured after sitting peacefully for > 10min.)		
Resting Blood Pressure (measured after sitting peacefully for > 10 min.)	mm Hg	mm Hg
3-Minute Step Test (15 sec. pulse, measured immediately after 3 min. of paced stepping)		

Or

Bruce Protocol

Stage	Time (Minutes)	Km/hour %	Gradient
1	3	2.7	10
2	3	4.0	12
3	3	5.4	14
4	3	6.7	16
5	3	8.0	18
6	3	8.8	20
7	3	9.6	22

For Men $VO_2 \text{ max} = 14.8 - (1.379 \times T) + (0.451 \times T^2) - (0.012 \times T^3)$

For Women $VO_2 \text{ max} = 4.38 \times T - 3.9$

T = Total time on the treadmill measured as a fraction of a minute
(ie: A test time of 9 minutes 30 seconds would be written as T=9.5).

- **Flexibility tests :**

- Shoulder flexibility -
- Ankle flexibility -
- Trunk flexibility -
- Sit and reach -
- Muscle tightness -

- **Muscle endurance :**

- **Sit up test -**
Interpretation -
- **Push up test -**
Interpretation -
- **Squat test -**
Interpretation -

- **Muscle strength :**

- **Manual muscle testing -**

Group of muscle	Right	Left

Interpretation-

- **Individual muscle testing -**

Muscle name	Right	Left

Interpretation-

Goals :

Sessional :

Short Term :

Long Term :

