

**FITNESS CHECKLIST  
VANCE AIR FORCE BASE, SPORT AND FITNESS CENTER**

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NAME		DATE	GRADE	SQUADRON
DATE OF BIRTH	AGE	GENDER	HEIGHT	PHONE NUMBER
DUTY PHONE	CITY	OCCUPATION		

GOAL

HOBBIES

SEAT HEIGHT	NECK	REFERRAL	DATE OF REFERRAL
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- PAR Q RESULTS INFORMED CONSENT COMPLETED. IF YOU AGREE TO THE PHYSICAL ACTIVITY READINESS QUESTIONAIRE AND INFORMED CONSENT SIGN HERE \_\_\_\_\_
- ARE YOU A TOBACCO USER \_\_\_\_ IF YES, HOW MUCH/WHAT TYPE \_\_\_\_\_
- TAKING MEDICATION \_\_\_\_ IF YES, WHAT MEDICATION AND FOR WHAT \_\_\_\_\_
- ANY INJURIES (PAST OR PRESENT) \_\_\_\_\_

ACTIVITY INFORMATION

HISTORY

SUBJECTIVE

OBJECTIVE

PLAN

MODE OF EXERCISE

FREQUENCY

INTENSITY

DURATION

FOLLOW UP PLAN

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### **About the ITAOP/savePDF Method**

The traditional Field-by-Field creation process is extremely ineffective and slow.

The only realistic option to create high-quality forms is the Insert-Text-Anywhere-on-Page (ITAOP) method.

The field creation process is about 10,000 times faster than the traditional method; the list of ITAOP features is not even available for the traditional method.

ITAOP savePDF method proved to be very simple and completely reliable for millions of users all over the world (incl. individuals, companies, organizations, government employees).