

THE FITNESS SHOWDOWN
A SEARCH FROM THE BEST



**A GREAT BODY CAN BE
 REWARDING IN MANY WAYS.**

Its time sweat is paid off. Get ready for "The Fitness Showdown" where you get an opportunity to be a role model for the people around in the club. For further details inquire at the front desk.



Fitness enrollment form

Reg. No. :

Name :

Address :

Telephone (R) : (M)

Age : Sex : Height Weight :

HEALTH NOTES

I. BP / Pulse

Sugar

II. Health Problems

Medicines Present

Past

III. Joint Problems Neck Shoulders Lower Back
 Hips Knees Others

IV. Due to injury? When?

V. Major illness

Medical When?

Surgical When?

VI. Medical Advice

Test results