



radKIDS
WELLNESS INFORMATION FORM

Full Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Day Phone: _____ Height: _____ Weight: _____
Gender: _____ Age: _____ Date of Birth: _____

In case of Emergency please contact:

Name: _____

Phone: _____

Relationship: _____

Confidential Medical History

1. Date of most recent medical examination _____

2. Do you feel fine, without restriction? Yes _____ No _____

If no, please describe: _____

3. Have you ever been hospitalized or treated for an injury?

Yes _____ No _____

If yes, please describe: _____

4. Have you ever been injured and not received medical attention?

Yes _____ No _____

If yes, please describe: _____

5. Do you have any current medical conditions for which you are currently being treated? Yes _____ No _____

If yes, please describe: _____

6. Are you currently using any prescription drugs?

Yes _____ No _____

If yes, please describe: _____



7. Do you have:
- | | | |
|----------------------|-----------|----------|
| Any known allergies | Yes _____ | No _____ |
| Difficulty breathing | Yes _____ | No _____ |
| High blood pressure | Yes _____ | No _____ |
| Diabetes | Yes _____ | No _____ |

If yes, please describe: _____

8. How frequently do you exercise? _____

What type of exercise? _____

9. Are you or have you ever been involved in self-defense or Martial Arts Training? Yes _____ No _____

If yes, please describe: _____

10. Please describe your perception of your current fitness level:

The above information is complete, true and accurate to the best of my knowledge.

Signature

Instructors Check

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