

ARMIS SPRC

Full Name

Email Address

Gender

Street Address

City

Province/Region

Zipcode

Country

Date of Birth

Armis recommends that you clear your participation in any exercise program with your physician. It is your responsibility to inform your coach of any injury, illness, or condition that could limit your level of participation in any exercise.

Use of picture(s)/film/likeness: I agree to allow Armis, its agents, officers, principals, employees and volunteers to utilize picture(s), film and/or likeness of me for marketing and/or recruiting and retention purposes. In the event I choose not to allow the use of the same for said purpose, I agree that I must inform Armis of this in writing.

Initial here: 

I agree to these terms.

Have you ever had any form of heart disease? *

Yes No

Have you ever experienced shortness of breath or chest pains? *

Yes No

What was the date of your last physical?

Have you dealt with high blood pressure?

Yes No

If yes, please explain:

Do you currently, or have you in the past, smoked cigarettes?

Yes No

If yes, please provide the date you quit or how long you did/have smoked:

Do you suffer from diabetes?

Yes No

If yes, please explain which type and any other pertinent details:

Do you have a family history or heart disease or diabetes?

Yes No

If yes, please provide who and their age:

Do you have any problems with your knees?

Yes No

If yes, please explain:

Do you have any problems with your back?

Yes No

If yes, please explain:

Do you have any problems with your neck/shoulders?

Yes No

If yes, please explain:

Do you have any problems with your hip/pelvis?

Yes No

If yes, please explain:

Do you have any other problem areas or prior surgeries that could affect your participation?

Yes No

If yes, please explain:

Is there any reason you know of that should prevent you from participation in exercise?

Yes No

If yes, please explain:

Sign your name below:

Please read the [Electronic Records and Signature Disclosure](#)

I agree to use electronic records and signatures