

Health History

John Sample

Nov 29, 2005

OK to exercise

Consult doctor

Because you have answered NO to the following seven questions you can be reasonably sure it is safe for you to become more physically active.

1. Has your doctor ever said that you have a heart condition AND that you should only do physical activity recommended by a doctor?
1. Yes
→ **2. No**
2. Do you feel pain in your chest when you do physical activity?
1. Yes
→ **2. No**
3. In the past month, have you had chest pain when you were not doing physical activity?
1. Yes
→ **2. No**
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
1. Yes
→ **2. No**
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
1. Yes
→ **2. No**
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
1. Yes
→ **2. No**
7. Do you know of ANY OTHER REASON why you should not do physical activity?
1. Yes
→ **2. No**

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Additional Questions

UD1. During the past 30 days how many cigarettes per day did you smoke?

1. 2 or more packs a day
2. 1-2 packs a day
- **3. Around 1/2 pack a day**
4. 1-3 cigarettes a day
5. None or less than 1 cigarette a day
6. No answer

John, during this last month you indicated you smoked about 1/2 pack of cigarettes a day. While this is not a great number of cigarettes, it is still enough to cause health problems for you down the road. Heart disease, emphysema, and various forms of cancer are all negative consequences of cigarette smoking. You should consider joining our Stop Smoking classes. We have been able to help many people like yourself completely kick the habit. For more information you can call Betty at 969-7296.

UD2. During the past 4 weeks how many cans of beer, glasses of wine or shots of liquor did you drink each week?

1. More than 14 drinks each week
- **2. 8-14 drinks each week**
3. 1-7 drinks each week
4. Less than 1 drink each week
5. No answer

John, during this past month you indicated you have 8-14 drinks of alcohol each week. While this is not considered heavy drinking, it is possible that if you keep this level of drinking up you are at greater risk for certain health problems including cancer and liver disease. Furthermore, having 2 or more drinks at a time can be a safety hazard because it will affect your judgment and reaction time. We would recommend you reduce your alcohol consumption to no more than one drink a day.