



The Baton Rouge Clinic

Health and Fitness History Assessment

Please read and fill out the following questionnaire

1. How often do you walk for relaxation or exercise?
 - a. 3 times or more per week
 - b. Once or twice a week
 - c. Once or twice a month
 - d. Rarely
 - e. Never

2. How often do you do activities that increase your breathing? For example: jogging, swimming, cycling, squash, vigorous team games.
 - a. 3 times or more per week
 - b. Once or twice a week
 - c. Once or twice a month
 - d. Rarely
 - e. Never

3. How often do you do any other sporting or keep-fit activities? For example: golf, yoga, hiking.
 - a. 3 times or more per week
 - b. Once or twice a week
 - c. Once or twice a month
 - d. Rarely
 - e. Never

4. How often do you do any other active hobbies? For example: dancing, home improvements, physically active part-time job or volunteering, gardening.
 - a. 3 times or more per week
 - b. Once or twice a week
 - c. Once or twice a month
 - d. Rarely
 - e. Never

5. If you are employed either full or part-time work, would you say that your job requires little, moderate, or heavy physical exertion?
 - a. Little
 - b. Moderate
 - c. Heavy
 - d. Not employed

Detailed Diet History

Fill in the dates you participated in the following diet programs, the pounds lost, pounds regained and the time spent in each program.

Name of Diet Program	Dates Followed/Taken		Number of Months	Pounds Lost	Pounds Regained
	From	To			
Acupuncture					
American Heart Association					
Atkins					
Cabbage Diet					
Calorie Counting					
Carefast					
Dexatrim					
Diet Center					
Duke University Programs					
Exercise					
Fastin					
Grapefruit Diet					
Herbal Diets					
Hypnosis					
Inpatient psychiatric programs					
Ionamin					
Jenny Craig					
Low Fat					
Medifeast					
Meridia					
Nutrisystem					
O.A.					
Optifast					
Outpatient Psychiatric Programs					
Phenteramine/Fenfluramine					
Pritikin					
Radar Institute					
Redux					
Rice					
Richard Simmons					
Slimfast					
Scarsdale					
Structure House					
Teeth Wiring					
Tops					
Weight Watchers					
Zenical					

