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ACE Certified Personal Trainer  
USA Cycling Level 2 Coach



## Start-Up Application

Submit with \$50.00 start-up fee to Giulia Isetti 1120 B Chicago Ave. Oak Park, IL 60304.

### ABOUT YOU:

Name \_\_\_\_\_

Street \_\_\_\_\_ Apt. \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Gender \_\_\_M\_\_\_F \_\_\_\_\_ Waking Pulse \_\_\_\_\_

Date of Birth \_\_\_/\_\_\_/\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Phone: \_\_\_\_\_ Home \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_

Which is best way to reach you? \_\_\_\_\_

E-mail address \_\_\_\_\_

### HEALTH HISTORY QUESTIONS:

Has your doctor ever said you have heart trouble? Y / N

If yes, please describe. \_\_\_\_\_

\_\_\_\_\_

Do you frequently suffer from pains in your chest? Y / N

Do you often feel faint or have dizzy spells? Y / N

Has a doctor ever told you that you have bone or joint problems, such as arthritis, that may be aggravated by exercise? Y / N

Have you ever had a back or neck injury? Y / N

Are you Diabetic? Y / N

Do you have a thyroid condition or any chronic condition? Y / N

Do you have respiratory problems, such as asthma? Y / N

Are you pregnant now or have you been pregnant in the last 3 months? Y / N

Are you taking any medications? Y / N

List \_\_\_\_\_

List any recent or chronic injuries \_\_\_\_\_

Is there a good physical reason why you should not pursue a vigorous physical exercise program? Y / N

*If you answered YES to any of the above questions, a vigorous exercise program may be contraindicated. Medical clearance may be necessary.*

Do you own a Power meter? Y / N Brand \_\_\_\_\_ Model \_\_\_\_\_