



Club Fit Briarcliff
584 North State Road
Briarcliff Manor, NY 10510

914-250-2797
914-762-2150 FAX

Club Fit Jefferson Valley
600 Bank Street
Jefferson Valley, NY 10535

914-250-2797
914-245-2516 FAX

www.clubfit.com

Patient: _____ **Phone:** () _____

Address: _____ **Birthdate:** _____

_____ **Email:** _____

_____ **Date:** _____

Recommended Activities:

Cardiovascular Exercise
Comments: _____

Strength Training
Comments: _____

Aquatic Exercise
Comments: _____

Diagnosis: _____

Restrictions: _____

Physician: _____ **Phone:** () _____

Signature: _____ **Date:** _____

Please send monthly progress reports to me via:

Fax () _____

Mail _____

Email _____
