

VIRTUAL APPENDIX B

FORMS AND LISTS

These forms are provided in a format that may be modified, personalized, and printed for individual use.

- [Medical Questionnaire](#)
- [Exercise Profile](#)
- [Activities Questionnaire](#)
- [Physical Activities Index](#)
- [Overview and Consent/Release Form](#)
- [Statement of Medical Clearance for Exercise](#)
- [Cover Letter to Physician](#)