

p.r.e.p.[®]

General Health Track

Diabetes Management Track

Healthy Hearts Track

Arthritis Track

Healthy Back

Other

p.r.e.p.[®]are

Prenatal Track

Hip Surgery

Knee Surgery

* p.r.e.p.[®]are patients are eligible to come back and do p.r.e.p.[®] post surgery and/or child birth. Ask a p.r.e.p.[®] Member Coordinator for details.

Patient is cleared for unsupervised exercise. If there are any precautions/special conditions please list here.

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Patient Information

Patient name

Patient phone

Date of Birth / /

Bloodwork (optional)

Total Cholesterol HDL

Glucose A1C

Provider Information

Provider name (print)

Provider signature . . . **X**
SIGN HERE

Date / /

Provider phone

Provider fax

You will receive progress reports on your patients.

Provider Stamp

Fax completed form to patient's

The Atlantic Club Fitness & Wellness Center locations:

MANASQUAN, NJ

1904 Atlantic Avenue
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