



2026 Healthy Lifestyles MD Excuse Form

Patient Name (Last, First, MI): _____

Diagnosis:

Date of Injury/Illness/Surgery:

TO BE COMPLETED BY ATTENDING PHYSICIAN. Participants must return form to their trainer.

I evaluated this patient on _____

Please circle whether this patient may or may not participate in the following Healthy Lifestyles fitness tests:

- Yes No **3-Minute Step Test:** Participant will step up and down rhythmically on a 12-inch high step platform for 3 minutes. Pace will be set by a metronome.
- Yes No **Rockport Walking Treadmill Test:** Only to be used at the testers discretion and/or if participant is unable to take the step test due to Lower Body Extremity injury or malfunction. **Method:** Participant is to walk one mile as fast as possible on a treadmill. Participant will **NOT** be allowed to hold on to the treadmill—arms must move freely. After completing the mile, the tester will take the participant's pulse rate.
- Yes No **Hand Grip Strength:** Using a hydraulic hand dynamometer, participant will be testing dominant hand grip strength.
- Yes No **Push-Up Test:** Administered with male participants in the standard "up" positions (hands shoulder- with apart, back straight, head up, on toes) and female participants in the modified "knee push-up" position (ankles crossed, knees bent at 90-degree angle, back straight, hands shoulder- width apart, head up).
- Yes No **Modified Curl-Up:** The participant assumes a supine position on a mat with the knees at 90-degrees. A metronome is set to 50 beats/min and the participant does slow, controlled curl-ups to lift the shoulder blades off the mat (trunk makes a 30-degree angle with the mat) in time with the metronome at a rate of 25 per minute. The test is done for 1 minute. Participant performs as many curl-ups as possible without pausing, to a maximum of 24.
- Yes No **Squat Test:** Participant puts hands on hips and squats (as if to sit down) until lightly touching the chair with their buttocks, then stands back up until knees and hips are straight. Tester determines the proper height of chair prior to testing.
- Yes No **Sit and Reach Test:** Participant sits with heels placed against the edge of the sit-and-reach box, then slowly reaches forward with both hands as far as possible. Tester will ensure that the knees of the participant stay extended, but will not press the knees down.
- Yes No **Single Leg Balance:** With socks and shoes removed, the participant will stand on the dominant leg. Participant will cross their arms over their chest prior to starting the test. The participant will lift their 'non-dominant' leg from the floor. If participant is able to achieve 45 seconds on any of the attempts the test is complete. If 45 seconds is unable to be achieved, the best of the three trials will be used.

* If participant is medically exempt from single leg balance on their 'dominant' limb, the test may be completed on their 'non-dominant' limb.



These restrictions are in effect until _____ (expiration date)
and the patient will reevaluated on (if applicable) _____

PHYSICIAN SIGNATURE:

DATE: