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FITNESS, HEALTH & WELLNESS FORM

The Arrowhead Physical Therapy Fit2Liv Program focuses on lifestyle change to help you reach your goals and ultimately lead a healthier life. As an Arrowhead Physical Therapy patient you now have access to these resources that will help you identify your needs and improve your overall health. Enjoy the benefits of Healthy Living!

1. Which areas do you feel could be improved or managed better in your daily life?
 Difficulty Sleeping _____ Weight Management _____
 Stress Management _____ Healthy Eating _____ Exercise Consistency _____
2. Which of the following would you be interested in improving?
 Body Conditioning _____ Toning _____ Strengthening _____
3. Which aspects of fitness health do you need the most assistance with?
 Balance _____ Mobility _____ Flexibility _____ Postural Stability _____
4. Are there activities that you cannot perform and would like to? Yes _____ No _____
5. Does pain make your daily activities a challenge? Yes _____ No _____
6. Would you like to reduce stress and anxiety? Yes _____ No _____
7. Does stiffness in the morning affect your ability to start your day? Yes _____ No _____
8. Would you like to increase your levels of restfulness and relaxation? Yes _____ No _____
9. Would you like assistance with sport specific training and conditioning? Yes _____ No _____
 If yes, which sport? _____

Additional information that you would like to share: _____

May we email you offers and notices? _____ Email address: _____

Client Name: _____ Phone Number: _____

Signature: _____ Date: _____