

MEDICAL FITNESS CERTIFICATE

PATIENT INFORMATION

Name: John Doe
Date of Birth: 05/15/1980
Patient ID: P-1001
Gender: Male
Address: 123 Main Street, Anytown, CA 12345

CERTIFICATE DETAILS

Certificate Number: MFC-2023-1045
Date of Examination: March 10, 2023
Valid Until: March 10, 2024

EXAMINATION FINDINGS

Height: 5'10" \$178 cm\$
Weight: 180 lbs \$81.6 kg\$
BMI: 25.8
Blood Pressure: 130/85 mmHg
Pulse Rate: 72 bpm
Vision: 20/20 \$both eyes\$
Hearing: Within normal limits
Cardiovascular System: Normal
Respiratory System: Normal
Nervous System: Normal
Musculoskeletal System: Normal

CERTIFICATION

This is to certify that I have examined the above-named individual and found him to be physically and mentally FIT for:

- [X] General physical activities
- [X] Employment
- [X] Moderate exercise program
- [X] Travel

REMARKS

The patient has controlled hypertension and type 2 diabetes, both well-managed with current medication. No contraindications for normal daily activities or moderate exercise. Recommended to continue regular follow-up appointments for chronic conditions.

PHYSICIAN INFORMATION

Name: Dr. Sarah Johnson, MD
License Number: MD12345
Medical Center: Cityview Medical Center

*Electronically signed by: Dr. Sarah Johnson
Date: March 10, 2023*