

Medical Assessment

SECTION 1: Cardiovascular System				
Height:		Weight:	BMI:	
Waist:		Hip:	WHR:	
Blood Pressure	mmHg	Normal Abnormal	BMI Classification:	
Resting Heart rate	bpm	Normal Abnormal	Underweight (<18.5)	
Heart Sounds		Normal Abnormal	Normal (18.5-24.9)	
Peripheral Vessels		Normal Abnormal	Overweight (25.0-29.9)	
Veins & other Vessels		Normal Abnormal	☐ Obese (>30)	
Examiner Commer	nts		•	



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SECTION 4: Respiratory System			
Spirometry (see attached)	Normal Abnormal		
Symmetrical Chest expansion	Normal Abnormal		
Auscultation	Normal Abnormal		
SECTION 5: Ear, Nose, Throat & Mouth			
Ears	Normal Abnormal		
Hearing (Refer to Audiogram)	Normal Abnormal		
Nose	Normal Abnormal		
Throat	Normal Abnormal		
Teeth and gums	Normal Abnormal		
SECTION 6: Skin			
Evidence of Skin Disorders (Eczema/dermatitis/ sun damage / other)	Yes No No		
Evidence of drug/alcohol abuse	Yes No No		
Evidence of nail biting	Yes No No		
Evidence of Scars (Surgical or other)	Yes No No		