



## 1811784, Vaishnavi Sekar

22 Y old Female, DOB: 10/25/2000

Account Number: SIP45536

Appointment Facility: LCHC BGL- 15

01/12/2023

Progress Notes: Nootan Agrawal

### Reason for Appointment

1. Gym fitness

### Vital Signs

Temp 97.5 F, BP 101/75 mm Hg, HR **120 /min**, Ht 62.99 in, Wt 123.46 lbs, BMI 21.87 Index, RR 18 /min, Oxygen sat % 98 %, Ht-cm 159.99 cm, Wt-kg 56 kg.

### Assessments

1. Fitness certificate - 0.0 (Primary)

### Treatment

#### 1. fitness certificate

Notes: Fit to join gym currently. Mild to Moderate exercises due to Tachycardia

Advised to start/continue exercises with guidance from trainers

Review if any concerns.

Electronically signed by Nootan Agrawal on 01/12/2023 at 12:13 PM IST

Sign off status: Pending

LCHC BGL- 15  
CISCO,BGL-15,  
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Fax:

Patient: 1811784, Vaishnavi Sekar DOB: 10/25/2000 Progress Note: Nootan Agrawal 01/12/2023

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