**MEDICAL RECORD**

|  |  |
| --- | --- |
| MEMBER ID | 25 |
| USER NAME | chillax |
| PHYSICAL BONE INJURY | - |
| USAGE OF DRUGS  (If your using then fill as yes or no)  DON’T PRETEND | - |
| BREATHING DIFFICULITES  (ASTHMA,ALLERGIES,  ENVIRONMENTAL ILLNESS etc.,) | - |
| COSUMPTION OF ALCOHAL  AND SMOKING | - |
| DISEASES  (MENTION WHAT KIND OF DISEASE)  ELSE  (GIVE IT AS NO) | - |
| **Basically the medical records is not to hurt your feeling it is the mandatory things**  **to reach you with the Correct way of fitness goals**  **with diet and workout**  **CAUTION**  **Please don’t pretend in the following question**  **Other ways the workout and diet may against to your body condition** | |