

Name: **Sample Man**

Male, 54.3 years

The Heart Place

## Participant Notes

12-15-98 MMD

Has worked hard for last 3 months with 3 personal training appointments per week in September-November. Has lost 20 pounds in that time and feels back in peak condition.

8-22-98 MMD

Concerned about the 10 pounds he has put on during the last 6 months. Has been noticeably less active due to travel and slower recovery to his injury than anticipated.

3-2-98 MMD

Returned from trip having injured his knee after falling on icy ground. The physical therapist will work with him and report to his physician.

1-30-98 MMD

Plans to travel to Europe for 4 weeks on business next month. Will do some skiing and want to join the pre-ski conditioning program.

8-1-97 MMD

Dr. Smith did a stress test and it turned out normal. Dr. Smith was very impressed with his progress over the last few years and plans to refer several of his patients in the near future.

7-20-97 MMD

Had an episode of chest pain. Was sharp and not exertional and occurred when he bent down to pick up his gym bag after his workout. Referred to personal physician for follow-up.

11-27-96 MMD

Completed his first 10K race and was very pleased with his accomplishments. He wants to shoot for a triathlon in the next 12 months.

9-2-96 MMD

Pulled a muscle while training today. Will rest and do better job of stretching before his workouts.

5-20-96 MMD

Has been tobacco-free for 6 months. Great improvement in energy and wants to train for a 10K.

12-1-95 MMD

Enjoyed nutrition class and has lowered wt. by 25 lb since Jan. Wants to give up smoking for New Years resolution. Will join class.

6-15-95 MMD

Has lost 15 lb in 5 months and blood pressure has dropped. Less frequent back discomfort after doing stretching regularly for last 4 months. Still much room for improvement in hamstring ROM and abdominal strength. Interested in taking nutrition classes but not yet ready to quit smoking (but has moved from Precontemplation to Contemplation.)

1-14-95 MMD

Mr. Man reports a history of myocardial infarction (1994), back problems, high CHD risk factors, smokes 1 PPD, high chol and BP and is overweight. His physician wants him to start exercise and lower coronary risk factors. Seems motivated.