

Occupation: _____

Type of Exercise you do on a routine basis: _____

How often do you exercise: () daily () 4 to 7 days per week () 3 to 5 days per week
() Less than 3 days per week () Occasionally () Rarely () Never

Do you smoke cigarettes?

- () Yes, how many packs per day _____ for how many years _____?
() Stopped smoking, when _____?
() Does not smoke.

Do you drink alcohol?

- () Yes, how often? () daily () 2-3 times a week () weekly () Occasionally () Rarely
() Does not drink alcohol.

Do you wear your seatbelt?

- () Always () Usually () Sometimes () Rarely () Never

If you ride a bicycle, do you wear a helmet? () Yes () No

If you ride a 4-wheeler or motorcycle, do you wear a helmet? () Yes () No

Again, we thank you for your help.

CROSSVILLE MEDICAL GROUP
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