

Paperwork Instructions
Growing Stronger

ALL PAPERS MUST BE RETURNED TO THE EXTENSION OFFICE
BEFORE THE FIRST SESSION

1. Will Meet (For participant information)
2. Summary Info. (Participant completes and returns)
3. Medical History (Participant completes and returns)
4. Participant Consent (Participant completes and returns)
5. PAR-Q (Participant completes and returns)
 - **Under 70**
 - **All no's = OK**

 - **1-Yes** = Have to have a Doctor's Approval
 - Provide Doctor with:
 - Dear Doc. Letter (Bkgd. Information for Med. Provider)
 - Physicians Authorization Form

 - **Over 70**
 - ***MUST*** have Doctors Approval
 - Provide Doctor with:
 - Dear Doc. Letter (Bkgd. Information for Med. Provider)
 - Physicians Authorization Form
6. Statement of Confidentiality
7. Guideline for Weight Selection
8. Growing Stronger Checklist

****Completed forms must be returned to extension office before first class.**

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