APPENDICES
PROFORMA

Name : 
Address :
Age :
Sex :
Height    Cms.  Weight    lbs.  Surface    area    Square    Cms.

P/H

PRESENT HEALTH

DIET

HISTORY OF EXERCISE IN PAST

TEMPERATURE

MENSTRUAL HISTORY

SOCIAL STATUS

BATH    HOT    COLD

EXAMINATION :

Bar.  Room
Pressure  Temperature

C.V.S.

RESPIRATORY SYSTEM :

ABDOMEN

NERVOUS SYSTEM :

CARDIO VASCULAR SYSTEM

RESPIRATORY SYSTEM

1. Pulse
2. Blood pressure
3. E.C.G.

1. R.R.  /nit.
2. Chestexpansion  Cms.
3. Breath hold time  Sec.
5. D.L.C.
6. P.C.V.
7. E.S.R.
8. R.B.C. Count
9. Hb%
10. Platelet count
11. Blood sugar
12. Blood cholesterol
13. Blood urea
14. 40 mm Press. Test