

Participant Assessment Form



Fighting Heart Disease and Stroke

"The best way to predict the future is to create it." — unknown

CHOOSE TO MOVESM

Please fill out this form for each participant. It is for their use only and **should not** be sent to us.

Date: _____

Team Leader: _____

Participant's First Name: _____

Height: _____

Weight: _____

BMI: _____

Blood Pressure: _____

Cholesterol: _____



Bayer Aspirin®, maker of the Bayer Women's Aspirin Plus Calcium is a proud sponsor of the Choose To Move program for women.