



DEPARTMENT OF THE AIR FORCE
AIR FORCE RESERVE COMMAND

Date: _____

MEMORANDUM FOR RECORD

SUBJECT: Civilian Provider Documentation Template

I saw _____ (patient) on _____ (date). **He / She** has been diagnosed with: _____

My treatment plan includes: _____

Prognosis is: _____

Prescribed medications for this condition are: _____

- Patient is restricted from: 1.5 mile timed run 2 km timed walk 1 min. timed push-ups
 1 min. timed sit-ups Cross-leg reverse crunch Hand Release push-ups Forearm Plank
 20m High Aerobic Multi-shuttle Run (HAMR)

ADDT'L restrictions: _____

Restrictions are recommended until: _____ (date). **Note: This date needs to be a minimum of 31 days past your appointment with a Military Doctor for a PT Profile. They will not give you a profile if less.**

- Patient **CAN / CANNOT** run at least 100 yards to take cover.
- Patient **CAN / CANNOT** carry all required deployment baggage (at least 40 lbs.)
- Patient **CAN / CANNOT** perform duties in hot and cold environments.
- Patient **CAN / CANNOT** perform Air Force duties for at least 12 hours per day.
- Patient **CAN / CANNOT** subsist on field rations for up to 179 days.
- Patient **CAN / CANNOT** perform duties/live in field conditions.

Signature of health care provider

Printed/Stamped name of provider to include: credentials and specialty

Address and phone for provider

UHM Initials
Do not forget this!

CLINICAL DOCUMENTATION MUST ACCOMPANY THE FITNESS TEMPLATE.
A clinical note is written, typed, or dictated by the provider and includes the history, physical exam, diagnoses and treatment plan and filed in your medical record. Discharge/visit summaries and patient portal notes are not considered clinical documentation and will not be accepted. Fitness templates should be filled out by a license medical doctor. (Chiropractors and Physical Therapists are not license medical doctors.) Failure to provide clinical documentation, a completed form and/or have license doctor fill this form out jeopardizes members from having a fitness profile inputted.

