



DEPARTMENT OF THE AIR FORCE
AIR FORCE RESERVE COMMAND

Date: _____

MEMORANDUM FOR RECORD

SUBJECT: Civilian Provider Documentation Template

I saw _____ 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 **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 100 yards while wearing approximately 40lbs of gear

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 YOUR 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 and visit summaries are not considered clinical documentation. Patient portal and/or my chart print-outs are not acceptable. 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.