Participant's Name | Date of Exam | Birth Date | ☐ Male ☐ Female

Physician's Examination

HEALTH FORM

This examination should be performed within 60 days of arrival at camp. Examination for some other purpose within this period is acceptable. Examination is for determining fitness to engage in strenuous activity at Extreme Military Challenge!. Activity level can be compared to an intense residential sports camp, please indicate any medical issues that may prevent full participation. Be sure to note any injuries in the last year and any history of concussions.

Height	Weight	Pulse	Blood Pressure	Hct/Hgb Test (if appropriate)	Urinalysis (if appropriate)

Please rate the following:

	Eyes	Ears	Nose	Throat	Lungs	Heart	Abdomen	Genitalia	Hernia	Extremities	Posture	Skin	Mental/ Neuro
Normal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Abnormal/Concern	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

General Appraisal
Please address any concerns from above or issues that camp staff should be aware of. Specifically any mental health issues or inability to handle a high-stress physical camp.

Medications
List any medications the applicant is currently taking.

Allergies
Please list any allergies the applicant may have.

Immunizations
Date of last tetanus shot

Are immunizations up to date? ☐ Yes ☐ No

Current Medical Problems and Treatments
Use a second sheet if needed.

Recommendations
List restrictions on the applicant at camp.

I have examined the person herein described and have reviewed the health history. It is my opinion that this person is physically able to engage in strenuous camp activities. ☐ Yes ☐ No

I examined the applicant today ☐ Yes ☐ No

If no, date of examination

Name of Doctor	Signature	Date
Office Contact # Office Contact e-mail:		

CampMinder

Form for: {Name}
Fax form to 1 (855) 962-3676
Season: 2026

DO NOT FAX

Physician's Examination Additional Notes

HEALTH FORM

I examined the applicant today ☐ Yes ☐ No | If no, date of examination

Name of Doctor	Signature	Date
Office Contact Information		

Form for: {Name}
Fax form to 1 (855) 962-3676
Season: 2026

FILLABLE