

SPORTS PHYSICAL CHECKLIST



Use this checklist to help you prepare for a smooth and successful sports physical appointment.



WHAT TO BRING

- Completed Medical History Form (if provided by school/team)
- Parent/Guardian Consent Form (if required)
- Insurance Card
- Photo ID
- List of Current Medications or Supplements
- List of Allergies
- Glasses, Contacts or Hearing Aids (if applicable)
- Previous Sports Physical Form (if available)



BEFORE YOUR APPOINTMENT

- Get a good night's sleep
- Stay hydrated
- Eat a healthy meal
- Avoid caffeine or energy drinks
- Wear comfortable clothing and shoes



PARENT / GUARDIAN NOTES



QUESTIONS TO ASK

- Is my child cleared for all sports?
- Are there any restrictions?
- What should we watch for during the season?
- When is the next physical recommended?

We're Here To Help.

You focus on the game.

We'll help you navigate the rest.



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