

P3T Participant Enrollment Questionnaire

Soldier completes during P3T Program enrollment. Circle or check your response or fill in the blank.

1. Soldier Rank and Name: _____

2. Soldier ID #: _____
(Soldier first and last initials followed by date of birth and year, i.e. LY1081)

3. Enrollment date (mm/dd/yyyy): _____

4. Last 4 of SSN: _____

5. MOS: _____

6. Unit and work address: _____

7. Work phone number: _____

8. Work e-mail: _____

9. Supervisor's Name: _____

10. Supervisor's telephone: _____

11. Emergency Contact Name: _____

12. Emergency Contact Phone: _____

13. Gestational age at enrollment (number of weeks pregnant)/trimester: _____

14. Estimated Due Date (mm/dd/yyyy): _____

15. Are you currently on a profile for something other than pregnancy? Yes No

If **yes**, is the profile Permanent or Temporary? Permanent Temporary

This profile prevents you from participating in which of the following: (*check all that apply*)

- | | | |
|---|---|--|
| <input type="checkbox"/> a. Run | <input type="checkbox"/> d. Swimming | <input type="checkbox"/> g. Aerobics |
| <input type="checkbox"/> b. Walk | <input type="checkbox"/> e. Push-ups | <input type="checkbox"/> h. Stretching exercises |
| <input type="checkbox"/> c. Resistance training | <input type="checkbox"/> f. Sit-ups/Abdominal exercises | |

16. Are you planning to take a CHAPTER 8? Yes No

17. Last APFT score **before** you became pregnant:

APFT pass or fail? Pass Fail	Total score: _____
Number of sit-ups: _____	Number of push-ups: _____
Run time (min:sec): _____	Date of this APFT (mm/yyyy): _____

18. Height/Weight (pre-pregnancy):

AR 600-9 standards: Pass Fail	Taped? Yes No
Height: _____	Weight: _____

19. Participation status? (*check one response*)

- a. MD - Mandatory daily attendance
- b. HR - Exempt Due to High-risk Pregnancy (Profile from HCP required)
- c. PR - Exempt Due to Injury/profile (Profile from HCP required)
- d. CE - Commander Exempt Due to Mission – related Duties; will use Remote P3T Program (MFR on file required)