



; <3Rk, o'.y€'o, o|'rk n'k'}-o}} p|km€|ol

13) Rk, o'.y€'o, o|'l oox'yn'rk-.y€'rk, o6y|'rk, o'.y€'rk n'kx' b7k...y|'k-kx-yk,, kv2komu3sx}-kl ss-.l

; >3Ny'.y€'|oq€k|v..€)o'k'l |kn'y|'k}}\$-s o'no, snol

; ?3Rk}'k'nymy|'yn'.y€'rk-.y€'rk, o'k}'fwk'y|'kwo|qso}l

; @3Ny'.y€'ny€qr 6f rooto'y|'rk, o'nsone-.l |ok+sq'n€|sq'y|'kpo|'o,, o|ns}ol

; A3\$'ro|o'kx.yxo's'.y€'|pkws..f ry'rk}'k}'fwkl

; B3Rk, o'.y€'o, o|'€)on'kx'srkwo|y|'kuox'k}'fwk'wonsnk-syxl

; C3

^ro'zr..}nskx'}ry€n'öwiy€~+š'py|w'f'sf'k}}š'-kxno'p'yw'+ro'zk|ox~y|'q€k|nskxš

] -€nox~X kwoDbbobbbobbbobbb i rirsn'I bokinā lu i i i i i i i i i i i SN i i i i i i i i i i i riiii ' |' Nk~AypLš}+Ehox+XikiwoDi i i i i i rMK'kiyi~f'ovt

; 3 Rk}..y€|'nmsn'jkx-on'y|'zk}}on'y€~N\_\SX O'y|'KP^O'ō, o|nš'o6owy-šyx'y|'}-k|~ol  
<3 Rk}..y€|'nmsn'ō, o|'rkn'ō, -fowo}'ry|-xo}}'yp| |ok+~n€|sq'ō, o|nš'ol  
=3 Rk}..y€|'nmsn'rkno, -fowo}'jk-šq'ē'k}}ynsk-on'f'sf'ō, o|nš'o'Znš'p|ox~p'yw'y+o|'nmsn|ox3  
>3 Rk}..y€|'nmsn'ō, o|'rkn'nš'nywpy|-6zks'y|'z|o}}€|o's'rš'9~o|'nno~-n€|sq'ō, o|nš'ol  
?3 Rk}'k'nymy|'ō, o|'y|no|on'k'~ō}-py|'.y€|'nmsn}'rok|+  
@3 Rk}..y€|'nmsn'ō, o|'l'oox'nskqxy)on'f'sf'kx'€xo, z'vks'on}'os'€|o'nšy|no|l  
A3 Rk}..y€|'nmsn'ō, o|'l'oox'nskqxy)on'f'sf'ō, o|nš'o'žxn'ēnon'k}+wk'xy~f'ow'nyx~f'ywon'f'sf'wonsn'k-šyx|

; 3 Rk}..y€|'nmsn'l'oox'nskqxy)on'f'sf'M'`SN7Cl  
' : k3'šp. o)6š'..y€|'nmsn'}-šw'rk, sq}}..wz~yw}'p'yw'+oš'M'`SN7C'x'p'məyxl  
<3 a k}..y€|'nmsn'ry)zskv'šon'k'k'|o}€v~py|'nywz'šnk-šyx}'ypM'`SN7Cl  
=3 Rk}..y€|'nmsn'l'oox'nskqxy)on'f'sf'W€vs'ž'ök'wvk-y|'...}..xn|ywo'šx'M'šn|ox'2Vš'7MB  
>3 Nsn'.y€|'nmsn'rk, o'kx...}zonšv'~ō}-y|no|on'py|'+oš'rok|~y|'v€xq}'y|'f'o|o|op|'on'y'k'rok|~}zonšv'~ž'nk|nšy'yqš-3  
' ~y|'o'mok|on'y'|o-€|x'y'}zy|~l  
?3 Rk}..y€|'nmsn'~o-€|xon'l'knui'y'p'ēwz'k|-šnz'k-šyx'sc'}zy|~l  
@3 Rk}..y€|'nmsn'rk'nš'om'y|'uxy'f'x'ō, zy}€|oi y€ +D `SN q A skust'on'k}'l

Over the last two weeks, how often have you been bothered by any of the following problems? (circle responses)

Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

If you score a sum of 3 or greater on either questions 1 and 2, or 3 and 4, you may have anxiety or depression that is affecting you more than normal. In this case, it is recommended that you talk to a trusted health care provider such as your primary care physician, your athletic trainer at school, or a counselor at school. If there is not someone you feel comfortable talking to or you are interested in learning more to help yourself or a friend, please use the resources provided below.

For more information regarding student-athlete mental health:

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Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Age: \_\_\_\_\_ Sex: \_\_\_\_\_  
 Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
 % Body Fat (optional): \_\_\_\_\_ Pulse: \_\_\_\_\_  
 BP: \_\_\_\_ / \_\_\_\_ ( \_\_\_\_ / \_\_\_\_, \_\_\_\_ / \_\_\_\_ )  
 Vision: R20/\_\_\_\_ L20/\_\_\_\_ Corrected: Y N  
 Pupils: Equal Unequal

	Normal	Abnormal Findings	Initials *
Appearance			
Eyes/Ears/Throat/Nose			
Hearing			
Lymph Nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Genitourinary &			
Skin			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hands/Fingers			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot/Toes			

\* - Multi-examiner set-up only | & - Having a third party present is recommended for the genitourinary examination

NOTES:

Cleared Without Restriction