

Course How To Open P. C. School.

RECORD BLANK

To be returned for one personal letter of advice by ASTRO.

Name _____ Married _____
Address _____ Single _____
Date _____

- (1) Have you up to date ever given any lessons in Physical Culture? If so, state full particulars, success met with, remuneration rec'd.
- (2) Have you any influential friends?
- (3) Have you acquired much influence in your neighborhood?
- (4) What system or systems are you acquainted with at present?
- (5) Have you ever practised weight-lifting? If so, what success have you achieved.
- (6) What is your favorite form of exercise, sport, or athletics, what athletes are you acquainted with?
- (7) What physical culture apparatus do you possess?
- (8) What books on physical culture do you possess?
- (9) What physical culture magazines do you read?
- (10) State occupation and income?

Measurements

Age _____

Height (Without shoes) _____

Weight (stripped) _____

Neck _____

Chest contracted _____

Chest normal _____

Chest expanded _____

Waist _____

R Bicep I Bicep

R Forearm I Forearm

R Thigh I Thigh

R Calf I Calf

What advice is desired particularly?