



FMS Screening & Musculoskeletal Injuries



Subject ID:

Today's Date:

Month			Day			Year			

Background Details

Unit:

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Date of Birth:

Month			Day			Year			

Gender: ☐ Male ☐ Female

Tobacco Use

1. Have you smoked at least 100 cigarettes in your life? (100 cigarettes = 5 packs) ☐ Yes ☐ No
2. About how old were you when you smoked a whole cigarette for the first time?
(If you have never smoked a whole cigarette, write 00)

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 Years old
3. During the past 30 days, on how many days did you smoke a cigarette?
(If you have never smoked or not smoked in the last 30 days, write 00)

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 Days
4. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?
(If you have never smoked or not smoked in the last 30 days, write 00)

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 Cigarettes
5. If you used to smoke cigarettes and quit, how many months ago did you quit?
(If you have never smoked, write 00)

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 Months

Physical Activity

6. Compared to others your same age and sex, how would you rate yourself as to the amount of physical activity you performed prior to entering Marine Corps training?
☐ Much less active ☐ Somewhat less active ☐ About the same ☐ Somewhat more active ☐ Much more active
7. Over the last two months, what was the average number of times per week you exercised or played sports for at least 30 minutes at a time?
☐ Never ☐ Less than 1 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 or more
8. In the 2 months before you entered Marine Corps training, how many times per week, on average, did you do weight training (such as free weights, universal, nautilus, etc.)?
☐ Never ☐ Less than 1 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 or more
9. When you performed weight training in the 2 months before you entered the Marine Corps training, what was the average amount of time that you trained during each session?

<input type="radio"/> None, did not do weight training	<input type="radio"/> 1-15 minutes	<input type="radio"/> 16-30 minutes	<input type="radio"/> 31-45 minutes
<input type="radio"/> 46-60 minutes	<input type="radio"/> 61-75 minutes	<input type="radio"/> 76-90 minutes	<input type="radio"/> More than 90 minutes

10. Over the last two months, how many times per week did you run or jog?

- ☐ Never ☐ Less than 1 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 or more

11. How long were you running or jogging before you entered Marine Corps training?

- ☐ Did not run or jog ☐ 1 month or less ☐ 2 months ☐ 3 months
☐ 4 to 6 months ☐ 7 to 11 months ☐ 1 year or more

Injury History

12. Have you ever injured bone, muscle, tendon, ligaments, and/or cartilage in one or both of your lower limbs?

- ☐ Yes ☐ No

13. Did any of these injuries prevent you from participating in your normal physical activities for at least one week?

- ☐ Yes ☐ No ☐ Does not apply, never

14. Following these injuries, were you able to eventually return to 100% of your normal physical activities?

- ☐ Yes ☐ No ☐ Does not apply, never

FOR WOMEN ONLY

15. At what age did you start to menstruate?

(If you have not had a menstrual cycle, write 00)

Years old

16. Over the last 12 months, how many menstrual periods did you have?

(If you have not had a menstrual period, write 00)

Menstrual Periods

17. During the last 12 months, have you ever missed six or more months in a row between menstrual cycles?

- ☐ N/A, I have never had a menstrual period ☐ No, I have never missed 6 or more months in a row between menstrual cycles ☐ Yes, I have missed 6 months or more in a row between menstrual cycles

18. In the last 12 months, have you taken birth control pills or any other hormonal therapy?

- ☐ Yes ☐ No

19. If you have ever been pregnant, how many months ago were you last pregnant.

(If you have never been pregnant, write 00)

Months