

# FitSteps for Life® Referral Form

Phone – 877-961-0149

Fax – 877-931-7975

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

DOB: \_\_\_\_\_ Gender: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Alternate Number: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Stage:  I  II  III  IV

Restrictions: \_\_\_\_\_

Referring Physician (printed): \_\_\_\_\_

## Physician Signature: \_\_\_\_\_

Please fax the referral form to the number listed above. Once the referral is received, the patient will be contacted to schedule an initial appointment at one of the following FitSteps for Life® exercise centers:

### Dallas Metroplex Office

Dallas  
Duncanville  
Garland  
Plano  
Richardson

### Phone (972) 664-0523

Baylor Sammons Cancer Center  
Cancer Institute of Dallas  
First Baptist Church  
Baylor Scott & White Medical Center  
Richardson Exercise Center

### East Texas Office

Bullard  
Jacksonville  
Lindale  
Tyler  
Tyler  
Tyler

### Phone (903) 561-0149

Bullard Southern Baptist Church  
First Baptist Church  
CHRISTUS Health & Fitness Center  
First Baptist Church  
First Christian Church  
Texas Oncology Tyler

### Abilene

### Arlington

### Greenville

### Mount Pleasant

### Waco

### Phone (325) 280-1681 Firehouse Fitness

### Phone (817) 272-3288 University of Texas Arlington

### Phone (903) 408-1886 HMRC Rehab & Fitness Center

### Phone (903) 434-8000 Titus Regional Medical Center

### Phone (254) 202-3800 Getterman Wellness Center

Visit [www.fitstepsforlife.org](http://www.fitstepsforlife.org) for more information.