## Fit note for gym

XXX Health center

State

Name………………gender…………………..age………………….date………………

Dear………………

Kindly excuse…………………………from attending the gym. His/her compliance with gym instruction has affected his/her normal body operations. He/she should be exposed to more straightforward physical exercise, not through the gym. We recommend that you freeze his/her gym account until we state otherwise.

Thank you

Yours sincerely

Doctor’s Name

Signature