

REPAIR ORDER

SERVICE ADVISOR:

COLOR	YEAR	MAKE / MODEL	VIN	LICENSE	MILEAGE IN	MILEAGE OUT	TAG
DEL. DATE	PROD. DATE	WARR. EXP.	PROMISED	PO NO.	RATE	PAYMENT	INV. DATE
R.O. OPENED		READY	OPTIONS				

This image shows a completely blank white rectangular area enclosed within a solid black frame. There are no markings, text, or illustrations present on the page.

I authorize the repair work described on this order, along with any parts, materials, and sublet services reasonably needed to complete it. I understand this shop is not responsible for loss or damage to the vehicle, or to items left in it, from fire, theft, or other causes beyond the shop's reasonable control.

I authorize shop personnel to operate the vehicle for the purpose of testing, inspection, or delivery. This authorization also serves as my acknowledgment of a mechanic's lien against the vehicle to secure payment of the amount due for the repairs performed.

X _____
CUSTOMER SIGNATURE

PRELIMINARY ESTIMATE	\$
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REVISED EST.	DATE	TIME	BY
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Abstract The purpose of this study was to examine the effects of a 6-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary middle-aged women. A total of 70 women were randomly assigned to either a control group or an exercise group. The exercise group performed a supervised aerobic and resistance training program three times per week. After 6 weeks, the exercise group showed significant improvements in cardiovascular fitness, muscle strength, and body composition compared to the control group. Additionally, the exercise group reported higher scores in HRQL domains such as physical functioning, role limitations due to physical problems, and energy/fatigue. These findings suggest that a structured exercise program can effectively improve both physical fitness and HRQL in sedentary middle-aged women.

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