



Name: D.O.B

Address:

Physical Activity Readiness Questionnaire (PAR-Q)

If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you significantly change your physical activity patterns. If you are over 69 years of age and are not used to being very active, please check with your doctor. Common sense is your best guide when answering these question. Please

1/ Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?	Yes	No
2/ Do you feel pain in your chest when you do physical activity?	Yes	No
3/ In the past month, have you had a chest pain when you are not doing physical activity?	Yes	No
4/ Do you lose your balance because of dizziness or do you ever lose consciousness?	Yes	No
5/ Do you have a bone or joint problem (e.g. back, knee or hip) that could be made worse by a change in your physical activity?	Yes	No
6/ Is your doctor currently prescribing medication for blood pressure or a heart condition?	Yes	No
7/ Do you know of any other reason why you should not do physical activity?	Yes	No
If yes then please comment:		

YES to one or more questions:

You should consult with your doctor to clarify that it is safe for you to become physically active at this current time and in your current health.

NO to all question:

It is reasonably safe for you to participate in physical activity, gradually building up from your current ability level. A fitness appraisal can help with your ability levels.

I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in an acceptable level of exercise and my participation involves a risk of injury.

Signature:
Date:

Print Name: