

**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, check with your doctor.

Common sense is your best guide when answering these questions. Please read carefully and answer each one honestly: check YES or NO.

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

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 state of health.

NO to all questions: You can be reasonably sure that it is safe for you to participate in physical activity, gradually building up from your current ability level. A full fitness appraisal can help to determine your fitness level.

"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."

Clients Name:	Trainers Name:
Signature:	Signature:
Date:	Date:

Having answered YES to one of the above, I have sought medical advice and my GP has agreed that I may exercise.

Signature:	Date:
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Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the 7 questions.