

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their physician before they start becoming more physically active. ***Please complete this form as accurately and completely as possible.***

PAR-Q FORM Please mark YES or No to the following: YES NO

Has your doctor ever said that you have a heart condition and recommended only medically supervised physical activity? _____ _____

Do you frequently have pains in your chest when you perform physical activity? _____ _____

Have you had chest pain when you were not doing physical activity? _____ _____

Have you had a stroke? _____ _____

Do you lose your balance due to dizziness or do you ever lose consciousness? _____ _____

Do you have a bone, joint or any other health problem that causes you pain or limitations that must be addressed when developing an exercise program (i.e. diabetes, osteoporosis, high blood pressure, high cholesterol, arthritis, anorexia, bulimia, anemia, epilepsy, respiratory ailments, back problems, etc.)? _____ _____

Are you pregnant now or have given birth within the last 6 months? _____ _____

Do you have asthma or exercise induced asthma? _____ _____

Do you have low blood sugar levels (hypoglycemia)? _____ _____

Do you have diabetes? _____ _____

Have you had a recent surgery? _____ _____

If you have marked YES to any of the above, please elaborate below:

Do you take any medications, either prescription or non-prescription, on a regular basis? Yes/No

What is the medication for? _____

How does this medication affect your ability to exercise or achieve your fitness goals?

Please note: If your health changes such that you could then answer YES to any of the above questions, tell your trainer/coach. Ask whether you should change your physical activity plan.

I have read, understood, and completed the questionnaire. Any questions I had were answered to my full satisfaction.

Print Name: _____ Signature: _____

Date: _____