

Physical Activity Readiness Questionnaire PAR-Q

Please read each question carefully and check yes or no opposite the question if it applies to you. Completing this quiz will give you an idea if you should consult your doctor before starting an exercise program. Your doctor can advise you and your coach as which exercise and intensity is best for you.

- | | Yes | No | |
|----|--------------------------|--------------------------|---|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | Has your doctor ever said you have heart trouble? |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Do you frequently have pains in your heart and chest? |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | Do you often feel faint or have spells of severe dizziness? |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | Has a doctor ever said your blood pressure was too high? |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise? |
| 6. | <input type="checkbox"/> | <input type="checkbox"/> | Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to? |
| 7. | <input type="checkbox"/> | <input type="checkbox"/> | Are you over age 65 and not accustomed to vigorous exercise? |

If you answered YES to one or more questions...

If you have not recently done so, consult with your personal physician by telephone or in person before increasing your physical activity and/or taking a fitness test.

If you answered NO to all questions...

If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for an exercise test and may begin an exercise program with your personal health coach.

I, _____, have read, and understand the above questions and have answered them to the best of my knowledge.

Signature

Date