

## Physical Activity Readiness Questionnaire (PAR-Q)

The answers to the following questions identify those for whom physical activity might be inappropriate and those who should seek medical advice prior to commencing an exercise program. If you answer yes to any of the following questions, you should check with your doctor before becoming more physically active.

Read the following questions. Write yes or no beside each question.

- \_\_\_\_\_ Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- \_\_\_\_\_ Do you feel pain in your chest when you do physical activity?
- \_\_\_\_\_ In the past month, have you had chest pain when you were not doing physical activity?
- \_\_\_\_\_ Do you lose your balance because of dizziness or do you ever lose consciousness?
- \_\_\_\_\_ Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- \_\_\_\_\_ Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
- \_\_\_\_\_ Do you know of any other reason why you should not participate in physical activity?

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

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Signature

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Date