

Physical Activity Readiness Questionnaire (PAR-Q)

Being more active is very safe for most people. However, some people should check with their doctor before they start becoming more physically active.

Please complete this form as accurately and completely as possible.

1. Has your doctor ever said that you have a bone or joint problem, such as arthritis, that has been aggravated by exercise or might be made worse with exercise?	Yes/No
2. Do you have high or low blood pressure?	Yes/No
3. Do you have Diabetes Mellitus or any other metabolic disease?	Yes/No
4. Has your doctor ever said that you have raised cholesterol (serum level above 6.2mmol/L)?	Yes/No
5. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by your doctor?	Yes/No
6. Have you ever felt pain in your chest when you do physical exercise?	Yes/No
7. Do you have asthma or exercise induced asthma?	Yes/No
8. Do you often feel faint, have spells of severe dizziness or have lost consciousness?	Yes/No
9. Have you had a recent surgery?	Yes/No
10. Do you currently exercise on a regular basis (at least 3 times a week) and work in a job that is physically demanding?	Yes/No
11. Are you, or is there any possibility that you might be pregnant or been pregnant in the last 6 months?	Yes/No
12. Do you know of any other reason why you should not participate in a programme of physical activity? If YES please give details:	Yes/No

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

I have read, understood, and completed the questionnaire and answered honestly the questions above. I also state that I wish to participate in activities, which may include aerobic exercise, resistance exercise and stretching. I realise that my participation in these activities involves the risk of injury

Print Name: _____

Signature: _____ Date: _____

Contact Number: _____ Email: _____