

Physical Activity Readiness Questionnaire

For most people physical activity should not pose any problem or hazard, but the PAR-Q has been designed to identify the small number of people for whom it would be wise to have medical advice before starting.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: place a tick in the space on the left of the question to answer "YES". Your responses will be treated in a confidential manner.

- Has your doctor ever said that you have a heart condition and recommended only medically approved physical activity?
- 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 consciousness, or lose your balance as a result of dizziness?
- Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Are you currently on any form of medication (e.g. tablets, inhaler)?
- Are you pregnant, or have you been pregnant in the last three months?
- Are you aware, through your own experience or a doctor's advice, of any other reason for not exercising without medical approval?

I understand that if I answered YES to one or more of the above questions, I should have the consent of my doctor before undertaking a physical activity programme.

If you honestly answered No to all questions you can be reasonably positive that you can safely increase your level of physical activity gradually.

If your health changes so that you answer YES to any of the above questions, seek guidance from your doctor.

By signing you certify that you have read, understood and completed this questionnaire honestly.

Name _____ Date _____

Signature _____