

PAR-Q [Physical Activity Readiness Questionnaire]

Regular physical activity is fun and being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become more physically active than you are now, start by answering the seven questions in the boxes below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age and you are not used to being active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

		Please tick one box only	
		Yes	No
1	Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?		
2	Do you feel pain in your chest when you do physical activity?		
3	In the past month, have you had chest pain when you were not doing physical activity?		
4	Do you lose your balance because of dizziness or do you ever lose consciousness?		
5	Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
6	Is your doctor currently prescribing drugs [for example, water pills] for your high blood pressure or heart condition?		
7	Do you know of any other reason why you should not do physical activity?		

If you answered yes to one or more questions - talk to your doctor **BEFORE** you start becoming much more physically active. Tell your doctor about the PAR-Q and which questions you answered YES to.

If you answered no honestly to all the PAR-Q questions, you can be reasonably sure that you can start becoming more physically active. **If you are not feeling well because of temporary illness [or are or may be pregnant] talk to your doctor before becoming much more active.**

Client Signature:

Name [printed]:

Date: