

# VISIONS| OF |FITNESS

## Physical Activity Readiness Questionnaire PAR-Q

Client's information:

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age \_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_

Email address: \_\_\_\_\_

Regular exercise is associated with many health benefits, yet any change of activity may increase the risk of injury. Completion of this questionnaire is a first step when planning to increase the amount of physical activity in your life. Please read each question carefully and answer every question honestly:

1. Has your physician ever advised that you have a heart condition and you should only do physical activity recommend by a physician? Yes No
2. Has your physician ever advised you that you have high blood pressure. Yes No
3. Do you feel pain in your chest when participating in physical activity? Yes No
4. In the past month, have you experienced chest pains when you were not participating in any physical activity? Yes No
5. Do you ever lose consciousness or do you lose your balance because of dizziness? Yes No
6. Do you have a joint or bone problem that may be made worse by a change in your physical activity? Yes No
7. Skip this question if you answered No to questions #1 & 2. Is a physician currently prescribing you medications for your heart condition or blood pressure? Yes No
8. Do you insulin dependent diabetes? Yes No
9. Are you 69 years of age or older? Yes No
10. Do you know of any other reasons you should not exercise or increase your physical activity? Yes No

If you answered YES to any of the above questions, it is recommended that you consult with your physician BEFORE you become more physically active.

Client's signature: \_\_\_\_\_ Date: \_\_\_\_\_

*All information will be kept confidential. This information will be used to evaluate your health status and readiness to begin your exercise program. Within the legal limits of the law, this information will not be released to any other entities unless authorized by you in writing.*