



PAR-Q

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

For most people, physical activity should not pose any problem or hazard. The PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should receive medical advice concerning the type of activity most suitable.

Please read the questions carefully and answer each one honestly: check YES or NO.

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)		YES	NO
1	Has your doctor ever said you have heart disease, or any other cardiovascular problems and that you should only do physical activity recommended by a doctor?		
2	Do you frequently suffer from pains in your chest?		
3	Do you often feel faint or have spells of severe dizziness?		
4	Has your doctor ever said that your blood pressure is too high?		
5	Has your doctor ever told you that you have a bone or joint problem that has been aggravated by exercise, or might be made worse with exercise?		
6	Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?		
7	Are you younger than 16 or older than 65 years of age and not accustomed to moderate to vigorous exercise?		

Please sign your initials and date below:

INITIALS _____ DATE _____

If you answer NO to all the questions, it is reasonable for you to assume that you are in a suitable physical condition to start a regular progressive exercise program.

If you answered YES to any of the questions above, please first consult your doctor prior to participating in any exercise program.

Have you recently consulted with your physician about increasing your physical activity and/or participating in a group fitness program? If yes, initial here:

INITIALS _____ DATE _____

If you answered Yes to any question (1–7 above) and you have NOT consulted with your physician about increasing your physical activity, will you agree to consult your physician prior to participating in any exercise program?

If yes, initial here:

INITIALS _____ DATE _____