Q-Fit General Assessment  Physical Activity Readiness Questionnaire (PAR-Q)

Name ________________________________________________ Gender: ____M ____F

Address __________________________________________________________________

Number and Street City, State Zip Phone (         ) ___________________ Email:_______________________ Date:__________

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

Common sense is your best guide in answering these few questions. Please read them carefully and check yes or no for the question if it applies to you.

Yes  No  1. Has your doctor ever said you have heart trouble?
Yes  No  2. Do you frequently have pains in your heart and chest?
Yes  No  3. Do you often feel faint or have spells of severe dizziness?
Yes  No  4. Has a doctor ever said your blood pressure was too high?
Yes  No  5. Has a doctor ever told you 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  6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
Yes  No  7. Are you over age 65 and not accustomed to vigorous exercise?
Yes  No  8. Are you currently prescribed or taking over the counter medications that will affect your heart rate and/or blood pressure?

If you answered NO to all questions...........

If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for an exercise program.

If you answered YES to one or more questions...........

If you have not recently done so, consult with your personal physician by telephone or in person before increasing your physical activity and/or taking a fitness test.

Supply information for questions that you answered ‘yes’.

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<th>Question</th>
<th>Incident/Problem</th>
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