

Physical Activity Readiness Questionnaire (PAR-Q)

Name:: _____ Date:: _____ dd / mm / yyyy

Instructions: Please answer the following questions to the best of your knowledge by checking yes or no. If you are unsure about any of the questions or if you answer "Yes" to any of them, please consult with your healthcare provider before engaging in any physical activity.

Has your doctor ever said that you have a heart condition and should only do physical activity recommended by a doctor?

Yes No

Do you feel pain in your chest when you do physical activity?

Yes No

Have you had chest pain in the past month while not physically active?

Yes No

Do you lose your balance because of dizziness, or do you ever lose consciousness?

Yes No

Do you have a bone or joint problem that could be made worse by a change in your physical activity?

Yes No

Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?

Yes No

Do you know any other reasons you should not engage in physical activity?

Yes No

If you answered "Yes" to any of the questions above, it is recommended that you consult with your healthcare provider before starting any physical activity. Additionally, suppose you are over 40, inactive, or have other health concerns. In that case, it is also recommended that you consult with your healthcare provider before you begin any physical activity program. It's also important to remember that physical activity is integral to a healthy lifestyle and can provide numerous health benefits, such as reducing the risk of chronic diseases, improving cardiovascular and musculoskeletal health, and promoting mental wellbeing. If you answered "No" to all of the questions above, it is generally safe for you to begin a physical activity program. However, it is still recommended that you start slowly and gradually increasing the intensity and duration of your activity as your fitness level improves. Remember to listen to your body and stop any activity that causes pain or discomfort. Always warm up and cool down before and after exercising and stay hydrated by drinking plenty of water. Using the PAR-Q as a screening tool and consulting with your healthcare provider as needed, you can safely and effectively incorporate physical activity into your daily routine and enjoy its many benefits.

I have read, understood, and completed the questionnaire. Any questions that I have were answered to my full satisfaction

Participant's Name and Signature: _____

Date:: _____ dd / mm / yyyy