PAR-Q / PHYSICAL READINESS QUESTIONNAIRE

(Please Print)

PAR Q / PHYSICAL READINESS QUESTIONNAIRE

Has your Dr. ever said you have heart trouble? ……..	YES	NO
Do you frequently suffer from pains or discomfort in your chest?.....	YES	NO
Do you often feel faint or suffer from spells of severe dizziness? ……	YES	NO
Has a Dr. ever said your blood pressure was too high or are you taking medication for high blood pressure.....……	YES	NO
Has your Dr. ever told you that you have heart or lung problems?.....	YES	NO
Have you ever had an episode of exercise-induced asthma (severe wheezing, coughing or severe shortness of breath brought on by exercise), or do you ever have unaccustomed shortness of breath at rest or with mild exercise? ……	YES	NO
Do you ever have episodes of labored or difficult breathing during the night where you have to sit up to breathe? ……	YES	NO
Has a Dr. 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
Have you ever been told by a Dr. that you have diabetes?.....	YES	NO
Is there a good reason, a physical reason, not mentioned here why you should not follow an activity program even if you wanted too?.....	YES	NO
Are you over the age of 65 and not accustomed to vigorous exercise?.....	YES	NO
(FEMALES) Are you pregnant?.....	YES	NO

PATIENT SIGNATURE

I hereby certify that the above information is correct.

Patient / Guardian Printed Name	Patient / Guardian Signature	Date
_____	_____	_____