



## PHYSICAL ACTIVITY QUESTIONNAIRE, PAR-Q FORM

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their physician before they start becoming more physically active.

**Please complete this form as accurately and completely as possible.**

- |   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?      | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you feel pain in your chest when you do physical activity?   | <input type="checkbox"/> | <input type="checkbox"/> |
| In the past month, have you had chest pain when you were not doing physical activity?   | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you lose your balance because of dizziness or do you ever lose consciousness?  | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have a bone or joint problem (for example, back, knee, or hip) that could be made worse by a change in your physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?                     | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you know of any other reason why you should not do physical activity?  | <input type="checkbox"/> | <input type="checkbox"/> |

PATIENT SIGNATURE: \_\_\_\_\_

Date: \_\_\_\_\_