



Train your Body

Tailored Plans

Transform your Life

MC SQUARE 135 ROUTE 101A AMHERST, NH 03031 603-204-5993 WWW.TRILOGYFITNESSNH.COM

## The Physical Activity Readiness Questionnaire – PAR-Q

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

Address: \_\_\_\_\_ Birth date: \_\_\_\_\_

Telephone: (Home) \_\_\_\_\_ (Cell): \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone #: \_\_\_\_\_

Regular physical activity is fun and healthy. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming more physically active.

If you are planning to become more physically active than you are now, start by answering the seven questions below. The PAR-Q will tell you if you should check with your doctor before you start.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: CHECK YES or NO.

YES NO

- \_\_\_ \_\_\_ 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- \_\_\_ \_\_\_ 2. Do you feel pain in your chest when you do physical activity?
- \_\_\_ \_\_\_ 3. In the past month, have you had chest pain when you were not doing physical activity?
- \_\_\_ \_\_\_ 4. Do you lose your balance because of dizziness or do you lose consciousness?
- \_\_\_ \_\_\_ 5. Do you have bone or joint problems that could be aggravated by the proposed physical activity?
- \_\_\_ \_\_\_ 6. Has the doctor ever recommended medication for your blood pressure or for a heart condition?
- \_\_\_ \_\_\_ 7. Do you know of ANY reason why you should NOT do physical activity?

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

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