



Physical Activity Readiness Questionnaire (PAR-Q)

If you are planning to take part in a 1-2-1 exercise programme or an exercise class, start by answering the questions below.

If you are between the ages of 18 and 70 the questionnaire will tell you if you should talk with your doctor before you start.

If you are over 70 years of age and you are not used to being very active, check with your doctor.

All information will be treated confidentially

		Yes	No
1.	Have you ever been advised by your doctor that you have a heart condition and should only do physical activity recommended by a doctor?		
2.	Do you ever feel pain in your chest when you do physical activity?		
3.	Have you ever had chest pain when you were not doing physical activity?		
4.	Do you ever feel faint or have spells of dizziness?		
5.	Do you have bone or joint problem that could be made worse by exercise?		
6.	Have you ever been told you have high blood pressure?		
7.	Are you currently taking any medication?		
7b	If yes, What?		
8.	Are you pregnant or had a baby in the last 3-6 months?		
9.	Is there any other reason why you should not participate in physical activity?		
9b	If yes, what?		
10.	Date of Birth		

If you have answered 'yes' to one or more questions (I may need to refer you to your G.P)

Similarly, talk to your doctor by phone or in person before you start becoming more physically active and before you have a fitness assessment.

Tell your doctor about the questionnaire and which question(s) you answered yes to.

You may be able to do any activity you want - as long as you begin slowly and build up gradually, or you may need to restrict your activities to those which are safe for you.

Talk with your doctor about the kind of activity you wish to participate in and follow his/her advice.

I am also an exercise referral trainer and work with GPs – your programme will be closely monitored and a 'yes' doesn't mean you cannot start with a training programme BUT you must disclose this to me.

If you have answered '**NO**' to all questions

You can be reasonably sure that you can start to become more physically active and take part in a suitable exercise programme.

Remember - begin slowly and build up gradually.

CURRENT FITNESS (Level/Equipment Experience/Participation) – tick as appropriate		
Beginner Level;	0-8 weeks regular exercise, 0-1 times per week	
Intermediate Level;	9-24 weeks regular exercise, 2-4 times per week (including resistance training)	
Advanced Level;	25-52 weeks regular exercise, 3-5 times per week (including 2 resistance sessions per week)	

Equipment Experience (other includes individual sports): Indicate Yes/NO					
Free weights		Battle ropes		Resistance Bands	
Kettlebells		Indoor cycle & other		Medicine Balls	
Stability Ball		Fixed weight variable		Suspension Training	
Other;					

Please note: If your health changes so that subsequently you answer yes to any of the above questions, inform myself immediately

We may need to change your physical activity or exercise plan.

Delay becoming more active if you feel unwell because of a temporary illness such as a cold or flu - wait until you are better.

Please tick below if appropriate

I have read, understood and completed this questionnaire		
All questions have been answered to the best of my knowledge		
Name		Date
Signed		
Address		
(Name/tel)		
Phone		Emergency Contact



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