



Par-Q Form

Pre-Activity Readiness Questionnaire

Please fill out the fields below in block capitals. If you have an email address, please put this down as this will be used to inform about class cancellations/important news. You can review how your data is used at www.warwickshirefitness.com/privacy-policy.

Name: **Male** **Female**

Date of birth: **Age:**

Address:

County: **Postcode:**

Tel. (daytime): **Tel. (evening):**

Mobile number: **Please tick this box to indicate you are happy to receive email notifications regarding classes**

E-mail:

Many health benefits are associated with regular exercise, and the completion of the Par-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life. For most people physical activity should not pose a problem or hazard.

The Par-Q has been designed to identify the small number of people for whom physical activity might be inappropriate or those who should take medical advice concerning the type of activity most suitable for them. Common sense is your best guide for answering these few questions, Please read them carefully and tick the Yes/No box opposite the question as it applies to you.

Please circle one:

1. Has your doctor ever said that you have a heart condition and recommended only medically supervised activity?	Y	N
2. Do you have chest pains brought on by physical activity?	Y	N
3. Have you developed chest pains in the last month?	Y	N
4. Do you tend to lose consciousness or fall over as a result of dizziness?	Y	N
5. Do you have a bone or joint problem (for example back, knee or hip) that could be aggravated by the proposed physical activity?	Y	N
6. Has a doctor ever recommended medication for your blood pressure or heart condition?	Y	N
7. Do you have a diabetes or thyroid problem?	Y	N
8. Do you know of any other reason why you should not do physical activity?	Y	N

If you answered "YES" to one or more questions: A medical clearance form is required of all participants who answer 'yes' to any of the eight PAR-Q questions. **Note:** Personal training staff reserve the right to require medical clearance from any client they feel may be at risk.

If you answered "NO" honestly to ALL questions you can be reasonable sure that you can start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go. You may also take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 140/90, talk with your doctor before you start becoming much more physically active.

Signed: **Date:**

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.