

Member no:

Expiry date:

Par-Q

(Physical activity readiness questionnaire)

The Fitness Company (Bicester) Ltd, Unit 7, McKay Trading Estate, Station Approach, Bicester, Oxon. OX26 6BZ

FULL NAME:

DATE OF BIRTH:

If you are planning to become much more physically active than you are at present, please answer the following questions carefully and honestly. The par-q will tell you if you should check with your Doctor before you start. If you are over 69 years of age and you are not used to being very active, please check with your Doctor first.

	YES	NO
Has your Doctor ever said that you have a heart condition?		
Has your Doctor ever suggested that you restrict your exercising?		
Do you feel pain in your chest when you are physically active?		
Do you lose your balance because of dizziness or do you ever lose consciousness?		
Do you have a bone or joint problem that could be made worse by a change in physical activity?		
Are you currently undergoing rehabilitation for a recent or past injury?		
Is your Doctor currently prescribing you drugs for blood pressure or a heart condition?		
Do you know of any other reason why you should not do physical activity?		

If you answered:

YES to one or more questions	NO to all questions
<ul style="list-style-type: none"> Talk with your doctor by phone or in person BEFORE you start becoming much more active or before you have an induction. Tell your Doctor about the Par-Q and which questions you answered YES. You may be able to do any activity you want as long as you start slowly and build up gradually, or you may wish to start with activities that are safe for you. Talk to your Doctor about what they would advise. 	<ul style="list-style-type: none"> If you answered NO honestly to all questions you can be reasonably 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. Take part in a fitness check – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

DELAY becoming more active if you;

Are not feeling well because of a temporary illness, such as a cold or a fever. Wait until you are better.

If you are pregnant – talk to your Doctor before you start becoming more active.

NEXT OF KIN: _____

CONTACT NO: _____

Someone we can contact in the event of an emergency.

RELATIONSHIP: _____

SIGNED:.....

DATE:.....

Medications		Injuries	
Water (per day)		Exercise taken in the past two months	
Alcohol (Units per week)		Aims & Objectives	
Diet		Last ate / consumed alcohol	
Smoke – How many per day		Blood Pressure + RHR	