

Client PAR-Q



REVOLVE PERSONAL TRAINING

TAILORED TO YOUR NEEDS
AND GOALS

— JAKE GOULD —

Physical Activity Readiness Questionnaire – PAR-Q

Regular physical activity is fun, healthy and increasingly more people are becoming more active every day. This activity is very safe for most people.

However, some people should check with their doctor before they start exercising as it may make some illnesses, injuries or conditions worse. If you are planning to become much more active than you are now, start by answering the seven questions below.

If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over the age of 69 and not used to being active, you should check with your doctor regardless.

Please read each question carefully and answer each one honestly: Marking either YES or NO.

Question	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?		
Do you feel pain in your chest when you do physical activity?		
In the past month, have you had chest pain when you were not doing physical activity?		
Do you lose balance because of dizziness, or do you ever lose consciousness?		
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?		
Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?		
Do you know of any other reason why you should not do physical activity?		

If you answered YES to one or more of these questions

Talk with your doctor by phone or in person BEFORE you start to become much more physically active.

You may be able to do any activity you want – if you start slowly and progress gradually.

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

Start becoming much more physically active – begin slowly and progress gradually. This is the safest and most effective way to go.

Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way to live actively.

It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

Informed Use of the PAR-Q: Revolve Personal Training assumes no liability for persons who undertake physical activity, and if in doubt before completing this questionnaire, consult your doctor prior to physical activity.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Name:

Signature:

Date:
