



# Pre- Activity Screening

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people, however, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box 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 69 years of age, and you are not used to being active check, with your doctor.

Please read the questions carefully and answer:

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. 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?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs, (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of any other reason why you should not do physical activity?

**IF  
You  
Answered**

## YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a physical appraisal. 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 gradually. Or you may need to restrict your activities to those which are safe for you. Talk with you doctor about the kinds of of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

## NO to all questions

Don't Delay Moving

- 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 build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal- this is an excellent way to determine your basic fitness level so that you can plan the best way for you to live actively.

**PLEASE NOTE:** If health changes, tell fitness or health professional. Ask whether you should change physical activity plan.

Note : If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

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

Name \_\_\_\_\_ Date \_\_\_\_\_  
DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Email Address: \_\_\_\_\_  
Signature \_\_\_\_\_ Witness \_\_\_\_\_

Note: This physical activity clearance is valid for a maximum of 12 months from the date completed and becomes invalid if your condition changes so that any of the seven questions would be answered YES. Rev 3/17