



Physical Activity Readiness Questionnaire (PAR Q)

Before you begin training, take a fitness test, or substantially increase your level of activity, answer the following questions. This Physical Activity Readiness Questionnaire (PAR Q) will help determine your suitability for testing or training.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not involved in physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

If you answered yes to one or more questions, if you are over 40 years of age and have been inactive, or if you are concerned about your health, consult your physician before taking a fitness test or substantially increasing your physical activity.

If you answered no to all the questions, you have reasonable assurance of your suitability for fitness testing and training.