

PAR-Q+

Name:

Date:

Instructions: Please read and answer each question honestly. Consult a healthcare professional before starting any exercise program if you need clarification. If you answer "Yes" to any of the questions, please provide additional information in the follow-up section and seek medical clearance before engaging in physical activities.

Has a doctor ever said that you have a heart condition and should only perform physical activity recommended by a doctor? Yes No

If Yes,

What specific heart condition do you have? What recommendations has your doctor provided regarding physical activity?

Do you feel pain in your chest when you perform physical activity? Yes No

If Yes,

When does the pain occur, and how long does it last? Have you consulted a doctor about this pain? What was their diagnosis or advice?

Have you had chest pain in the past month while not performing any physical activity? Yes No

If Yes,

How often does this occur? Have you consulted a doctor about this pain? What was their diagnosis or advice?

Do you lose your balance because of dizziness, or do you ever lose consciousness? Yes No

If Yes,

How often do you experience dizziness or loss of consciousness? Have you consulted a doctor about these symptoms? What was their diagnosis or advice?

Do you have a bone or joint problem (e.g., back, knee, or hip) that could be made worse by a change in your physical activity? Yes No

If Yes,

Which bone or joint is affected? Have you consulted a doctor about this issue? What was their diagnosis or advice?

Is your doctor currently prescribing medication for your blood pressure or heart condition? Yes No

If Yes,

What medications are you taking, and for what specific condition? Has your doctor provided any advice on physical activity while on these medications?

Do you know any other reasons you should not engage in physical activity? Yes No

If Yes,

Please provide details about the reason(s) and any advice or recommendations from your doctor or healthcare professional.

Interpretation

- If you answered "No" to all questions, you could likely engage in physical activities safely. However, it's still a good idea to consult with a healthcare professional if you have concerns or are starting a new exercise program.
- If you answered "Yes" to one or more questions and provided follow-up information, consult a healthcare professional before engaging in physical activities. They may advise you on the best course of action or provide clearance for specific exercises based on your circumstances.
- Remember, this questionnaire is a self-assessment tool and should not replace a comprehensive medical examination or consultation with a healthcare professional. Always prioritize your safety and follow healthcare professionals' guidance when engaging in physical activities.