

Physical Activity Readiness Questionnaire (PAR-Q)

name:	Date of Birth:		
Address:	Postcode:		
Email:	Mobile:		
If you are between the ages of 15 and 69, the PA doctor before you significantly change your physicage and are not used to being very active, check guide when answering these questions. Please re-	cal activity patterns. If you are over 69 with your doctor. Common sense is you	years our bes ly.	of st
Question		YES	NO
Has your doctor every said 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 take part in physical activity?			
In the past month, have you had a chest pain when you were not doing physical activity?			
Do you lose your balance because of dizziness or do you every 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 medication for condition?	r your blood pressure or heart		
Do you know of any other reason why you shou	ld not do physical activity?		
If you have answered yes to any questions, pleas	se give further details:		

If you have answered **yes** to one or more questions:

You should consult with your doctor to clarify that it is safe for your to become physically active at this current time and in your current state of health.

If you have answered **no** to all the questions:

It is reasonably safe for you to participate in physical activity, gradually building up from your current level. A fitness appraisal will help to determine your ability levels.

I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in a acceptable level of exercise, and my participation involves a risk of injury.

Signature:	
Print Name:	
Date:	
Having answered yes to one of the a GP has agreed that I may exercise.	bove questions, I have sought medical advise and my
Signature:	
Date:	

Please note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer **yes** to any of the questions.

While a PAR-Q will limit the risk of client injury or illness, it is essential that your personal training business is protected from personal accident and public liability. Protectivity provides tailored personal trainer insurance to ensure you are comprehensively covered.