

# Pre-exercise medical questionnaire (Par-Q)



For most people physical activity should not pose any problem or hazard, but the PAR-Q has been designed to identify the small number of people for whom it would be wise to have medical advice before starting.

1. Has your doctor ever said that you have a heart condition and recommended only medically approved physical activity?

Yes  No

2. Do you have chest pain brought on by physical activity?

Yes  No

3. Have you developed chest pain at rest in the past month?

Yes  No

4. Do you lose consciousness, or lose your balance as a result of dizziness?

Yes  No

5. Do you have a bone or joint problem that could be aggravated by the proposed physical activity?

Yes  No

6. Are you currently on any form of medication (e.g. tablets, inhaler)?

Yes  No

7. Are you pregnant, or have you been pregnant in the past three months?

Yes  No

8. Are you aware, through your own experience or a doctor's advice, of any other reason for not exercising without medical approval?

Yes  No

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I understand that if I answered **YES** to one or more of the above questions, I should have the consent of my doctor before undertaking a physical activity programme.

Name .....

Telephone .....

GPs Name .....

GP Surgery Tel No. ....

Signed .....

Date .....