



Participation Activity Readiness Questionnaire (PARQ)

Today's Date: _____
 Trainer's Name: _____

Name (Last, First)		Preferred Pronouns		
Legal Sex	Gender Identity	Campus ID	Birth Date (month/day/year)	
Home Phone	Cell Phone	Email Address		

Regular exercise is associated with many health benefits, yet any change of activity may increase the risk of injury. Completion of this questionnaire is a first step when planning to increase the amount of physical activity in your life. Please read each question carefully and answer every question honestly.

- | | YES | NO |
|---|--------------------------|--------------------------|
| 1. Has your doctor ever said you have a heart condition | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you have pains in your heart or chest? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you ever feel faint or have spells of severe dizziness? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you have high blood pressure? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you have orthopedic or joint problems that could be aggravated by exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Are you 65 or over, and not accustomed to vigorous exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you have diabetes? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Are you taking medication that might alter your response to exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Is there a physical reason why you should not follow an exercise program? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. For women: Are you pregnant? | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered "yes" to any of the questions 1-10, you MUST consult a physician prior to your fitness evaluation and fitness program design.

I, _____, certify that this information is complete and accurate to the best of my knowledge.

Member Signature		Date	
------------------	--	------	--