



## Physical Activity Readiness Questionnaire

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Today's Date \_\_\_\_\_

Regular Exercise associated with many health benefits, yet any change of activity may increase the risk of injury. Completion of this questionnaire is a first when planning to increase the amount of physical activity in your life. Please read each question carefully answer every question honestly; circle you answer. This form will be kept on file with your application.

- YES NO** 1. Has a physician ever said you have a heart condition and you should only do physical activity recommended by a physician?
- YES NO** 2. When you do physical activity, do you feel pain in your chest?
- YES NO** 3. When you were not doing physical activity, have you had chest pain in the past month?
- YES NO** 4. Do you ever lose consciousness or do you lose your balance because of dizziness?
- YES NO** 5. Do you have a joint or bone problem that may be made worse by a change in your physical activity?
- YES NO** 6. Is a physician currently prescribing medications for your blood pressure or heart condition?
- YES NO** 7. Are you pregnant?
- YES NO** 8. Do you have insulin dependent diabetes?
- YES NO** 9. Are you 69 years of age or older?
- YES NO** 10. Do you know of any other reason you should not exercise or increase your physical activity?

If you answered **YES** to any of the above questions, talk to your doctor **BEFORE** you become physically active. Tell your doctor your intent to exercise and to which questions you answered yes. If you honestly answered no to all questions you can be reasonably positive that you can safely increase your level of physical activity **gradually**. If your health changes so you then answer yes to any of the above questions, seek guidance from a physician.

I have read and understand this questionnaire. Any questions I had were answered to full satisfaction.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature is required for youth under 18 years old.