

ACE Total Fitness – PAR-Q (Physical Activity Readiness Questionnaire)

This questionnaire helps determine whether you should consult with your doctor before beginning a physical activity program. Please answer the following questions honestly and accurately.

- Has your doctor ever said you have a heart condition or should only do medically supervised exercise?
- Do you feel pain in your chest during physical activity?
- Have you had chest pain in the past month when not performing physical activity?
- Do you lose balance because of dizziness, or do you ever lose consciousness?
- Do you have a bone or joint problem that could worsen with physical activity?
- Is your doctor currently prescribing medication for blood pressure or a heart condition?
- Do you know of any other reason you should not engage in physical activity?

Please complete the fields below:

Full Name:

Signature:

Date: