



HUMAN RESOURCES

UI Wellness

A Unit of Organizational Effectiveness

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Physical Activity Readiness Questionnaire (PAR-Q)

Name : _____

- Has your doctor ever said you have heart trouble? Y N
- Do you frequently suffer from pains in your chest? Y N
- Do you often feel faint or have spells of severe dizziness? Y N
- Has a doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise? Y N
- Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to? Y N
- Are you over age 65 and unaccustomed to vigorous exercise? Y N

If you answered YES to any of the above questions, it is recommended you consult your doctor before beginning an exercise program.

Signed _____

Date _____