

PRIMAL WARRIOR FITNESS

Physical Activity Readiness Questionnaire (PAR-Q)

Name:

Date of Birth: Gender: Male / Female

Contact No.: E-Mail Address:

Next of Kin's Name: Contact No.:

This PAR-Q is designed to help you to help yourself. Many benefits are associated with regular exercise, and completion of the PAR-Q form is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose a problem or hazard. The PAR-Q has been designed to identify the small amount of people for whom physical activity might be inappropriate or for those who should seek medical advice concerning the type of activity most suitable for them. Common sense is your best guide for answering these questions.

- | | YES | NO |
|---|--------------------------|--------------------------|
| 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you feel pain in your chest when you do physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. In the past month, have you had chest pain when you were NOT doing physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you lose your balance because of dizziness or do you ever lose consciousness? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Is your doctor currently prescribing drugs (eg water pills) for your blood pressure or heart condition? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you know of any other reason why you should not do physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |

If you have answered YES to any of the above questions, then you are required to gain consent from your doctor before participating in any of our organised physical activity programmes.

If you have answered NO to all of the above questions and you have reasonable assurance of your suitability for:

A physical activity session that may include some or all of the following:- warm up, cardiovascular training using equipment, free weights, the use of dumbbells, barbells, kettlebells, sandbags, body weight exercises and flexibility/stretching exercises.

You are advised to postpone entry into the programme if you feel unwell or have a temporary illness. You MUST inform your instructor of any changes to your health status, whilst engaged in your training programme.

Primal Warrior Fitness assume no liability for persons who undertake physical activity and if in doubt after completing this questionnaire, consult your doctor prior to engaging in physical activity.

I have read, understood and completed this questionnaire. Any questions that I had have been answered to my satisfaction.

Client's Signature: Date:

Witness' Signature: Date: