

Motive8me Bootcamp Physical Activity Readiness Questionnaire (PAR-Q)

If you are planning to become more physically active than you are now, please start by answering the seven questions below. If you are aged between 15 and 69, this PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and are not used to being very active, please consult with your doctor beforehand.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? Yes No
2. Do you feel pain in your chest when you do physical activity? Yes No
3. In the past month, have you had chest pain when you were not doing physical activity? Yes No
4. Do you lose your balance because of dizziness or do you ever lose consciousness? Yes No
5. Do you have a problem with any of your joints or bones(eg Back, Knee or Hip) that could be aggravated by physical activity? Yes No
6. Are you on any medication? If Yes please see below Yes No
7. Do you know of any other reason why you should not take part in any physical activity? Yes No

If you have answered Yes to any of the above questions please comment here

If you have answered Yes to one or more of the above questions .You should consult with your doctor to clarify it is safe for you to take part in physical exercise at this time.

No to all questions.You can be reasonably sure that it is safe for you to take part in physical exercise by starting steadily and gradually bulding from your current ability level.

**' I HAVE READ, UNDERSTOOD AND ACCURATELY COMPLETED THIS QUESTIONNAIRE.
I CONFIRM THAT I AM VOLUNTARILY ENGAGING IN AN ACCEPTABLE LEVEL OF EXERCISE
AND MY PARTICIPATION INVOLVES A RISK OF INJURY.'**

Clients Name

Trainers name

Signature

Signature

Phone / Mobile No.

Date

Email Address

Date

Having answered YES to one or more of the above I have sought medical advice and my GP has agreed that I may exercise.

Signature

Date.

Please inform your Trainer if your condition changes so that you would have answered YES to any of the questions, as this would invalidate the PAR-Q.