



PAR-Q & Medical Questionnaire

Please answer the following questions.

1. Has a doctor ever said you have a heart condition and recommended only medically supervised physical activity?

Yes No

2. Do you have chest pain brought on by physical activity?

Yes No

3. Do you tend to lose consciousness or fall over as a result of dizziness?

Yes No

4. Has a doctor ever recommended medication for your blood pressure or a heart condition?

Yes No

5. Do you have a bone or joint problem that could be aggravated by physical activity?

Yes No

6. Are you aware, through your own experiences or a doctor's advice, of any other physical reason against your exercising without medical supervision?

Yes No

7. Are you over the age of 65 and not accustomed to vigorous exercise?

Yes No

8. Have you consulted your physician regarding increasing your physical activity and/or performing a fitness assessment?

Yes No

9. If you answered NO to question 8, will you consult your physician prior to increasing your physical activity and/or performing a fitness assessment?

Yes No

Please select **any** and **all** medical conditions that apply to you from the list below:

1. Heart Disease or Stroke Yes No

2. High Blood Pressure Yes No

3. Cancer Yes No

4. Lung/Pulmonary Disease Yes No

5. Kidney Disease Yes No

6. Ulcer Yes No

7. Gastrointestinal Disease Yes No

8. Arthritis Yes No

9. Depression Yes No

10. Diabetes Mellitus Yes No

11. Food Allergies Yes No

12. Neuromuscular Disease Yes No

13. Parkinson's Disease Yes No

14. Immune system disease Yes No

15. Medically Diagnosed Eating Disorder Yes No

16. Pregnant/trying to conceive Yes No

17. Breastfeeding Yes No

18. Pancreatitis or family history of pancreatitis Yes No

19. Has a physician recommended high level care for any condition above that applies to you? Yes No

20. Have you had any type of weight loss (bariatric) surgery including gastric bypass or stomach stapling? Yes No

21. Osteoporosis Yes No

22. Sleep Apnea Yes No

23. Liver/Gallbladder Disease Yes No