

Pre-Exercise Health Screening (PAR-Q)

Please answer every question honestly before your first training session. This helps your trainer plan safe, appropriate training. If you answer yes to any question, please speak with your GP before becoming more physically active.

FULL NAME

DATE OF BIRTH

DATE

HEALTH QUESTIONS — TICK YES OR NO

- 1 Has a doctor ever told you that you have a heart condition, or that you should only exercise under medical supervision? ☐ Yes ☐ No
- 2 Do you feel pain or pressure in your chest when you are physically active? ☐ Yes ☐ No
- 3 In the past month, have you had chest pain while at rest (not exercising)? ☐ Yes ☐ No
- 4 Do you ever feel dizzy, lose your balance, or lose consciousness? ☐ Yes ☐ No
- 5 Do you have a bone, joint or muscle problem (for example back, knee or hip) that could be made worse by exercise? ☐ Yes ☐ No
- 6 Are you currently taking prescribed medication for blood pressure or a heart condition? ☐ Yes ☐ No
- 7 Do you know of any other reason (including pregnancy) why you should not take part in physical activity? ☐ Yes ☐ No

8 If you answered yes to any of the questions above, please give details.

ANSWERED YES TO ONE OR MORE QUESTIONS?

Speak with your GP before becoming more physically active, and tell them which questions you answered yes to. This rarely means you cannot train — your trainer will adjust your programme around the answer, or wait for your doctor's go-ahead.

ANSWERED NO TO EVERY QUESTION?

You can be reasonably confident it is safe to start becoming more physically active. Begin gradually and build up. If your health changes — an illness, injury or pregnancy — tell your trainer and complete this form again.

- ☐ **9 Confirmation & consent.** I have read and understood each question, I confirm my answers are accurate, and I consent to my trainer securely storing this health information to plan safe and appropriate training.

CLIENT SIGNATURE

PARENT / GUARDIAN SIGNATURE (UNDER 18)

DATE SIGNED

FOR THE TRAINER — OUTCOME

- ☐ No flags — cleared to start ☐ Yes answer(s) — GP advice recommended before training

TRAINER NAME

TRAINER SIGNATURE

DATE REVIEWED