



SUNY College of Technology

Fitness Center
10 Upper College Drive
Alfred, NY 14802

PAR-Q (Physical Activity Readiness Questionnaire)

Regular exercise is associated with many health benefits, yet any change of activity may increase the risk of injury. Completion of this questionnaire is a first step when planning to increase the amount of physical activity in your life. Please read each question carefully and answer every question honestly: **check YES or NO.**

YES	NO	
		1. Has a physician ever said you have a heart condition and you should only do physical activity recommended by a physician?
		2. When you do physical activity, do you feel pain in your chest?
		3. When you were not doing physical activity, have you had chest pain in the past month?
		4. Do you ever lose consciousness or do you lose your balance because of dizziness?
		5. Do you have a joint or bone problem that may be made worse by a change in your physical activity?
		6. Is a physician currently prescribing medications for your blood pressure or heart condition?
		7. Are you pregnant?
		8. Do you have insulin-dependent diabetes?
		9. Are you 69 years of age or older?
		10. Do you know of any other reason you should not exercise or increase your physical activity?

If you answered YES to any of the above questions, talk with your doctor BEFORE you become more physically active. Tell your doctor your intent to exercise and to which questions you answered yes.

If you honestly answered NO to all questions, you can be reasonably positive that you can safely increase your level of physical activity **gradually.**

If your health changes, causing you to answer yes to any of the above questions, seek guidance from a physician.

If you are or may be pregnant, talk to your doctor before you start becoming more active.

Signature _____

Date _____