

Personal Training PAR-Q

Name	Tel	Email	DOB	Emergency contact name & tel

Exercise is highly beneficial for most people however when taking part in physical activity it is important to understand that there are associated risks with certain groups of people.

This PAR-Q is used to determine whether you are physically capable of starting a sensible training plan.

If you have NO pre-existing medical conditions, this form will highlight if there is a need for you to consult your doctor before you begin your training plan.

Please read the 7 questions below carefully and answer each on honestly (Yes or NO)	YES	NO
1) Has your doctor ever said that you have a heart condition OR high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities OR when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months?	<input type="checkbox"/>	<input type="checkbox"/>
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? Please list here: _____	<input type="checkbox"/>	<input type="checkbox"/>
5) Are you currently taking prescribed medication for a chronic medical condition? Please list condition & medication here: _____	<input type="checkbox"/>	<input type="checkbox"/>
6) Do you currently have (or have had within the past 12 months) a bone, joint or soft tissue injury that could become worse by becoming more physically active? Please list condition here: _____	<input type="checkbox"/>	<input type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

Additional comments:

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I understand this section and understand my responsibility to check with my doctor if any of the above conditions may or do apply to me.

I understand the current guidance set out for safe practice at my gym along with the most recent government guidance relating to Covid-19 .

Signed:

Date: