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PAR – Q

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

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

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly:

Yes	No	Has your doctor ever said that you have heart trouble?
Yes	No	Do you frequently suffer from pains in your chest?
Yes	No	Do you often feel faint or have spells of severe dizziness?
Yes	No	Has a doctor ever told you that your blood pressure was too high?
Yes	No	Has a doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated or made worse by exercise?
Yes	No	Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
Yes	No	Are you over age 65 and not accustomed to vigorous exercise?
IF YOU HAVE ANSWERED YES TO ANY OF THE ABOVE:		
Yes	No	Have you consulted your physician regarding increasing your physical activity and/or having a fitness evaluation?
IF NO TO #8		
Yes	No	Will you consult your physician prior to increasing your physical activity and/or take a fitness evaluation?

DO YOU HAVE ANY OF THE FOLLOWING?

Yes	No	Heart Condition	Yes	No	Diabetes
Yes	No	Asthma (uncontrolled)	Yes	No	Shortness of Breath
Yes	No	Arthritis Bursitis	Yes	No	Rheumatism
Yes	No	Hernia	Yes	No	Recent Surgery
Yes	No	Sacroiliac Problems	Yes	No	Angina
Yes	No	High Blood Pressure	Yes	No	Knee Problems
Yes	No	Back Problems ___Cervical ___ Thoracic ___ Lumbar			

If you answered YES to one or more questions: Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell you doctor about the PAR-Q and which questions you answered YES.

You may be able to do any activity you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about these kind of activities you wish to participate in and follow his/her advice.

If you answered NO honestly to all the PAR-Q questions, you can be reasonably sure that you can: Start becoming much more physically active – begin slowly and build up gradually. This is the safest way to go. Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you to live actively.

DELAY BECOMING MUCH MORE ACTIVE – if you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better; or if you are pregnant – talk to your doctor before you start becoming more active.

Please note: If your health changes so that you then answer YES to any of the above questions, tell you fitness or health professional. Ask whether you should change your physical activity plan.

Signature of Member or Guardian: _____