PRE-EXERCISE HEALTH QUESTIONNAIRE

PAR-Q style · Complete before your first session

This questionnaire helps find out whether you should talk to your doctor before you start exercising or increase your physical activity. Read each question carefully and answer honestly.

CLIENT DETAILS

Full name: **Date:**

Date of birth: **Phone:**

Emergency contact (name and phone):

HEALTH QUESTIONS

1	Have you been diagnosed with a heart condition or high blood pressure?	☐ Yes	☐ No
2	Do you feel pain, pressure or tightness in your chest when you exert yourself?	☐ Yes	☐ No
3	In recent weeks, have you had chest pain while you were not exercising?	☐ Yes	☐ No
4	In the past year, have you been dizzy enough to lose your balance, or have you fainted?	☐ Yes	☐ No
5	Do you have a bone, joint or back problem that gets worse when you move or train?	☐ Yes	☐ No
6	Do you take medication for your heart or your blood pressure?	☐ Yes	☐ No
7	Are you pregnant, or have you given birth or had surgery in the past six months?	☐ Yes	☐ No
8	Is there any other health reason you think you should not start training now?	☐ Yes	☐ No

If you answered “yes” to any question

Talk to your doctor before you start or increase physical activity, and give your trainer their written medical clearance. If your health or medication changes later, let your trainer know.

Privacy

This form contains health information. Your trainer uses it only to decide whether you can start exercising safely, keeps it confidential and stores it securely while you train together. You can ask to see, correct or delete it.

Kept by:

☐ I agree that my trainer may use this health information for that purpose.

DECLARATION AND SIGNATURES

I confirm that my answers are true and that I will tell my trainer if my health or medication changes.

Client signature: **Trainer signature:**

Date: **Date:**

FOR THE TRAINER

Result:

☐ No “yes” answers: cleared to start

☐ One or more “yes”: referred to a doctor on

Medical clearance received on

Doctor's instructions or restrictions:

Repeat the questionnaire on (in 12 months, or sooner if health or medication changes)

Questionnaire written by TrainerStudio using the PAR-Q screening approach. It is not the official PAR-Q+ (eparmedx.com). It does not diagnose or replace a medical evaluation.