

Physical Activity Readiness Questionnaire (Par-Q)

Running is a strenuous physical activity. Seven questions from the Physical Activity Readiness Questionnaire (Par-Q) will help you assess your readiness to start running.

	YES	NO
1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you feel pain in your chest when you do physical activities?	<input type="checkbox"/>	<input type="checkbox"/>
3. In the past month, have you had chest pain when not doing physical activities?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you lose your balance because of dizziness or do you ever lose consciousness?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
6. Is your doctor currently prescribing drugs (for example water pills) for your blood pressure or heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you know of any other reason why you should not perform physical activities?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered

YES

to any question, DO NOT continue until you receive a doctor's clearance.

NO

to every question, you may be reasonably sure it's safe to increase your physical activity.

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The Canadian Society for Exercise Physiology recommends that all exercise participants complete a Physical Activity Readiness Questionnaire before starting a new exercise program. You can complete a paper version which you can print and bring to your fitness professional.

English PAR-Q and related forms - [Here](#)
Formulaire Q-AAP en français - [Here](#)

*The Canadian Society for Exercise Physiology, [click here](#).