

CHIKUNG4HEALTH.COM
PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

If you are planning to take part in physical activity or an exercise class and you are new to exercise, start by answering the questions below. If you are between the ages of 18 and 69 the questionnaire will tell you if you should check with your 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.

YOUR INSTRUCTOR WILL TREAT ALL INFORMATION CONFIDENTIALLY

Please circle
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?	Y	N
2.	Do you ever feel pain in your chest when you do physical activity?	Y	N
3.	Have you ever had chest pain when you are NOT doing physical activity?	Y	N
4.	Have you ever been told that you have high blood pressure?	Y	N
5.	Have you ever been told that you have raised cholesterol?	Y	N
6.	Does any close family member have a history of heart disease, stroke, raised cholesterol or high blood pressure?	Y	N
7.	Do you have a bone or joint problem that could be made worse by exercise?	Y	N
8.	Are you having/have you had any physiotherapy or orthopaedic treatment?	Y	N
9.	Have you had any recent surgery (last 6 months) ?	Y	N
10	Are you currently taking any medication of which the instructor should be made aware? If so, then what?	Y	N
11	Are you currently ill? Any recent illnesses? Details please.....	Y	N
12	Are you currently taking any medication of which the instructor should be made aware? If so, then what?	Y	N
13	Are you pregnant or have you had a baby in the last 6 months?	Y	N
14	What form of exercise do you currently take, if any?		

IF YOU HAVE ANSWERED YES TO ONE OR MORE QUESTIONS.....

Talk to you doctor, by phone or in person, before you start becoming more physically active, and before you have a fitness assessment. Tell your doctor about the questionnaire and which question(s) you answered YES to.

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

IF YOU HAVE ANSWERED NO TO ALL QUESTIONS.....

You can be reasonably sure that you can start to become more physically active and take part in a suitable exercise programme. Remember to begin slowly and build up gradually.

PLEASE NOTE that if your health changes so that you subsequently answer YES to any of the above questions, then inform your fitness or health professional immediately. If you feel unwell because of a temporary illness such as a cold or flu – delay becoming more active and wait until you are better.

WHAT ARE YOUR MOTIVES FOR EXERCISING / JOINING THE CLASS?

I HAVE READ, UNDERSTOOD AND COMPLETED THIS QUESTIONNAIRE and I am participating at my own risk with the advice and/or consent of my GP:

Name.....

Signature.....

Age:.....

Gender.....

Address

Tel. No(inc STD Code).....

.....

Postcode

Emergency Contact - Name & Tel No. (inc STD code).....