



Physical Activity Readiness Questionnaire (Self-Assessment)

Name: _____

Date: _____

Intense physical activity is safe for most people. Some people, however, should check with their doctors before they increase their current level of activity. This self-assessment questionnaire has been designed to identify the small number of adults for whom intense physical activity may be inappropriate or those who should have medical advice before commencing.

Answer YES or NO to the following questions:

	No	Yes
Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	No	Yes
Do you feel pain in your chest when you do physical activity?	No	Yes
In the past month, have you had chest pain when you were not doing physical activity?	No	Yes
Do you lose your balance because of dizziness or do you ever lose consciousness?	No	Yes
Do you have a bone or joint problem that could be made worse by a change in your physical activity?	No	Yes
Is your doctor currently prescribing drugs for your blood pressure or heart condition?	No	Yes
If you are over 65 and not accustomed to vigorous exercise?	No	Yes
Do you know of any other reason why you should not do physical activity?	No	Yes

Answered NO: To ALL the questions?

If you answered no to all the questions, you can be reasonably sure that you can exercise safely and have low risk of having any medical complications from exercise. It is still important to start slowly and increase gradually.

- Our Coaches are available to answer questions you may have.
- You can also consider booking a fitness assessment with one of our Coaches in order to determine where to begin.

Answered YES: To ANY of the questions?

If you answered yes to one or more questions, are older than age 40 and have been inactive or are concerned about your health, consult your doctor before substantially increasing your physical activity.

- You should ask your doctor for a medical clearance along with information about specific exercise limitations you may have.
- As all our exercises are scalable you will still be able to do all the Workouts. Before any workout advise the Coach of any injuries or limitations.

When to delay the start of an exercise program:

- If you are not feeling well because of a temporary illness, such as a cold or a fever, wait until you feel better to begin exercising.
- If you are or may be pregnant, talk with your doctor before you start becoming more active.

GOALS: After 3 months of CrossFit what results do you expect to have achieved?