

Name			Date
DOB	Age	Home Phone	Mobile

Regular exercise is associated with many health benefits. Increasing physical activity is safe for most people. However, some individuals should check with a physician before they become more physically active. Completion of this questionnaire is a first step when planning to increase the amount of physical activity in your life. Please read each question carefully and answer every question honestly:

Yes	No	1) Has a physician ever diagnosed you with a heart condition and indicated you should restrict your physical activity?
Yes	No	2) Do you frequently get pains in your chest?
Yes	No	3) Do you have a bone or joint problem that has been aggravated by exercise or might be made worse by exercise?
Yes	No	4) Do you ever faint or get dizzy and lose your balance?
Yes	No	5) Do you have an injury or orthopaedic condition (such as a back, hip, or knee problem) that may worsen due to a change in your physical activity?
Yes	No	6) Has your doctor ever told you that you have high blood pressure?
Yes	No	7) Are you pregnant?
Yes	No	8) Have you given birth in the last 3 months?
Yes	No	9) Do you or have you ever had diabetes?
Yes	No	10) Have you had any surgery in the last three months?
Yes	No	11) Are you 65 years of age or older and not used to being very active?
Yes	No	12) Do you know of any other reason you should not exercise or increase your physical activity?

If you answered yes to any of the above questions, talk with your doctor **before** you become more physically active. Tell your doctor your plan to exercise and to which questions you answer yes. If you honestly answered no to all questions you can be reasonably certain you can safely increase your level of physical activity **gradually**.

If your health changes so you then answer yes to any of the above questions, seek guidance from a physician.

Participant signature	Date
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