

180 Transfiguration

Personal Training Data Sheet

NAME: _____ DATE: _____

HEIGHT: _____ in. WEIGHT: _____ lbs. AGE: _____

PHYSICIANS NAME: _____ PHONE: _____

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

	Questions	Yes	No
1	Has your doctor ever said that you have a heart condition and that you should only perform physical activity recommended by a doctor?		
2	Do you feel pain in your chest when you perform physical activity?		
3	In the past month, have you had chest pain when you were not performing any physical activity?		
4	Do you lose your balance because of dizziness or do you ever lose consciousness?		
5	Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
6	Is your doctor currently prescribing any medication for your blood pressure or for a heart condition?		
7	Do you know of <u>any</u> other reason why you should not engage in physical activity?		

If you have answered "Yes" to one or more of the above questions, consult your physician before engaging in physical activity. Tell your physician which questions you answered "Yes" to. After a medical evaluation, seek advice from your physician on what type of activity is suitable for your current condition.

Please follow the instructions below to prepare for body composition test:

- ✓ 3 hour food fast,
- ✓ 12 hour exercise fast
- ✓ 24 hour alcohol fast
- ✓ Drink 30 oz of water.
- ✓ No lotion on your hands or feet.

Kindly remember that we have a 24 hour cancellation policy.

GENERAL & MEDICAL QUESTIONNAIRE

Occupational Questions		Yes	No
1	What is your current occupation? _____		
2	Does your occupation require extended periods of sitting?		
3	Does your occupation require extended periods of repetitive movements? (If yes, please explain.) _____		
4	Does your occupation require you to wear shoes with a heel (dress shoes)?		
5	Does your occupation cause you anxiety (mental stress)?		
Recreational Questions		Yes	No
6	Do you partake in any recreational activities (golf, tennis, skiing, etc.)? (If yes, please explain.) _____ _____		
7	Do you have any hobbies (reading, gardening, working on cars, exploring the Internet, etc.)? (If yes, please explain.) _____ _____		
Medical Questions		Yes	No
8	Have you ever had any pain or injuries (ankle, knee, hip, back, shoulder, etc.)? (If yes, please explain.) _____ _____		
9	Have you ever had any surgeries? (If yes, please explain.) _____ _____		
10	Has a medical doctor ever diagnosed you with a chronic disease, such as coronary heart disease, coronary artery disease, hypertension (high blood pressure), high cholesterol or diabetes? (If yes, please explain.) _____ _____		
11	Are you currently taking any medication? (If yes, please list.) _____ _____ _____		

Please give me 2 Fitness Goals: (Specific, Measurable, Attainable, Realistic, Time-Bound)

1. _____

2. _____

