

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

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can: Start becoming more physically active, begin slowly and build up gradually. This is the safest and easiest way to go.

Take part in a fitness appraisal; this is an excellent way to determine your basic fitness so you can plan the best way for you to live actively.

NOTE: If your health changes so that you then answer **YES** to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

YOU SHOULD DELAY BECOMING MORE ACTIVE:

If you are not feeling well because of temporary illness such as a cold or fever.

If you are pregnant, talk to your doctor before you start becoming active.

Participant's Name (Print)

Parent/Guardian if participant is under 18 (Print)

Participant's Signature

Parent/Guardian Signature

Date

Date