



Physical Activity Readiness Questionnaire

Name	Jane Dough
Phone	(555) 555-5555
Age	45

A little bit more about you

What are you most frustrated with when it comes to getting in shape?	Taking to long
What are the main goals you would like to achieve?	Lose 25 lbs. Have more energy.

Medical History

When was your last physical?	01/09/2013
Most recently recorded blood pressure?	107/76

Blood Pressue Category	Systolic mm Hg (upper#)		Diastolic mm Hg (upper#)
Low blood pressure (Hypotension)	less than 90	or	less than 60
Normal	90 to 120	and	60 to 80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension Stage 1)	140-159	or	90-99
High Blood Pressure (Hypertension Stage 2)	160 or higher	or	100 or higher
High Blood Pressure Crisis (Seek Emergency Care)	180 or higher	or	110 or higher

Are you wearing a pacemaker or any kind of internal electronic heart regulating device?	No
Are you either wearing a pacemaker or any kind of internal electronic heart regulating device or pregnant?	
Has your doctor advised that you exercise ?	Yes
Are you currently receiving physical therapy?	No
Are you currently on a diet mandated by your doctor or a registered dietician?	No
What, if any prescription medications are you taking and why?	None
Have you had any surgeries or major medical procedures?	None
Do you have any injuries/pain that may effect your exercise habits?	Broken Ankle, 5 years ago, no limitations
Your Stress Level on a scale of 1 - 10 (1 being the lowest)	5
Do you smoke?	No
Do you experience any of the following while exercising	Shortness of breath
	Light-headedness
Do you suffer from or have any family history with:	High Blood Pressure
	Diabetes
	High Cholesterol

Emergency Contact

In case of an emergency, who should we contact?	John Dough
Relationship	Husband



Phone No	(666) 666-6666
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Notes	Wants to be more active for kids. Has pain in the ankle in cold weather
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