

Fitness Readiness Form 1 of 4
Montana All Mountain Adventures
219 S 1st Hamilton Montana 59840

Physical Activity Challenge Fitness Readiness Questionnaire

This survey will help you determine if you are ready to participate in a vigorous physical activity program and if you might benefit from medical evaluation before starting such a program. For most people physical activity should not pose any problem or hazard. This questionnaire will help identify those small number of people for whom vigorous physical activity might be inappropriate or for those people who should have medical advice about the kinds of activities or intensity levels most suitable for them. Common sense is the best guide in answering these questions. Please read them carefully and check either yes or no for each one.

- Yes___ No___ 1. Has your doctor ever said you have heart trouble?
Yes___ No___ 2. Have you ever had chest pain or heavy pressure in your chest as result of exercise, walking, or other physical activity such as climbing a flight of stairs?
(This does not include the normal out-of-breath feeling that results from vigorous exercise.)
Yes___ No___ 3. Do you often feel faint or experience severe dizziness?
Yes___ No___ 4. Has your doctor ever told you that you have high blood pressure, diabetes or hepatitis ?
Yes___ No___ 5. Have you ever had a real or suspected heart attack or stroke?
Yes___ No___ 6. Do you have any physical condition,impairment or disability, including any joint or muscle problems that should be considered before you begin an exercise program?
Yes___ No___ 7. Have you ever taken any medication to reduce your blood pressure or your cholesterol levels?
Yes___ No___ 8. Are you excessively overweight?
Yes___ No___ 9. Is there any good reason not mentioned here why you should not follow an activity program even if you wanted to?
Yes___ No___ 10. Are you over age 35 and not accustomed to exercise?
Yes___ No___ 11. Are you pregnant?
Yes___ No___ 12. Are you acclimated to sea level?

If you answered Yes to one or more of these questions , and if you have not recently done so, consult with your doctor by phone or in person BEFORE starting an exercise program. Ask your doctor if you may participate in:

- 1.) Unrestricted physical activity on a gradually increasing basis or
- 2.) Restricted activity to meet your specific needs.

If you answered NO to ALL questions, you have reasonable assurance that you may begin a graduated exercise program or have an exercise test.

Printed Name:
Date: