

Name: _____ Date: _____

Physical Activity Readiness Questionnaire

Complete and return this form to the Bellingham Tennis Club & Fairhaven Fitness

For most people, physical activity should not pose any problem or hazard. This questionnaire has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and circle the "yes" or "no" opposite the question if it applies to you.

1. YES NO Has your doctor ever said you have heart trouble?
2. YES NO Do you frequently have pains in your heart and chest?
3. YES NO Do you often feel faint or have spells of severe dizziness?
4. YES NO Has a doctor ever said your blood pressure was too high?
5. YES NO Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
6. YES NO Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
7. YES NO Are you over age 65 and not accustomed to vigorous exercise?

If you answered YES to one or more questions...

If you have not recently done so, consult with your personal physician by telephone or in person before increasing your physical activity and/or taking a fitness test.

If you answered NO to all of the questions...

If you answered this questionnaire accurately, you have reasonable assurance of your present suitability for an exercise program.

What is your primary reason for coming to the Club?

What is your secondary reason for coming to the Club?

What are your best times to exercise (including tennis)?

Mon _____ Tue _____ Wed _____ Thu _____ Fri _____ Sat _____ Sun _____
Early Bird _____ Weekday Mornings _____ Noon Hour _____
Afternoon _____ Evenings _____ Saturdays _____ Sundays _____

Please circle the following things that interest you. Or if you don't see it on the list, add it to the page!

Group Exercise Classes	Cardio Tennis Workout	Socials Meeting Other Members
Improving Cardio Ability	Group Tennis Lessons	Tennis Tournaments
Improving Muscular Strength	Private Tennis Lessons	Tennis Double Leagues/Singles Ladders
Improving Flexibility	Tennis Skills & Drills	Cycling Classes
Personal Training	Improving Tennis Agility	Weight Management

Notes: Tennis NTRP Level _____ Experience _____
Special Needs _____ Other _____

How did you hear about the Club? Newspaper _____ Magazine _____ Mail _____ Website _____ Phonebook _____
Friend _____ Other: _____

Do you like to have fun? Yes _____ No _____