



Exercise Readiness Assessment



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Par-Q (Physical Activity Readiness Questionnaire)

- Yes** **No** Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- Yes** **No** Do you feel pain/discomfort in your chest when you do physical activity?
- Yes** **No** In the past month, have you had chest pain/discomfort when you were not doing physical activity?
- Yes** **No** Do you lose your balance because of dizziness or do you ever lose consciousness?
- Yes** **No** Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Yes** **No** Is your doctor currently prescribing drugs for your blood pressure or heart condition?
- Yes** **No** Do you know of any other reason why you should not do physical activity?

*If you answered yes to one or more of the above questions, talk with your doctor BEFORE you begin or change your exercise program.
Reference: Canadian Society for Exercise Physiology.*

Risk Factors

- Cigarette smoking
- Inactivity
- Obesity
- Hypertension
- Dyslipidemia
- Prediabetes
(Impaired Fasting Glucose ≥ 100 mg/dL and ≤ 125 mg/dL)
- Stress/Anxiety
- Excessive Alcohol
- Age (≥ 45 men; ≥ 55 women)
- Family History
(heart related; ≤ 55 males; ≤ 65 females)

If you have 2 or more risk factors consult with your doctor before vigorous activity.

Signs and Symptoms

- chest pain/discomfort with rest or exertion
- shortness of breath with rest or mild exertion
- dizziness or fainting during exercise
- ankle swelling
- unusual fatigue or shortness of breath

If you answered yes to any of the above, talk with your doctor BEFORE exercising.

It's
YOUR
Move!

GOALS (cardio: walk, bike, run, swim)

Cardio 30m*3d*wk

3 months

Cardio 30m*5d*wk

3 months

Resistance Exercise

2d*wk*3 months

Stretching/balance

2-3d*wk*3 months

Remove Barrier

30 days

One Dietary Change

Stick to for 30 days

Exercise with buddy

Once a week*30 days

Track Activity

Just MOVE Daily

Barriers notes

Solutions notes

BMI Body Mass Index

- __ 18.5 -- 24.9 Normal Weight
- __ 25.0 -- 29.9 Overweight
- __ 30.0 -- 39.9 Obesity
- __ 40 or more Extreme Obesity

Action Plan notes

BMI Body Mass Index

WEIGHT (LBS)

	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330
4' 5"	30	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83
4' 6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60	63	65	68	70	72	75	77	80
4' 7"	28	30	33	35	37	40	42	44	47	49	51	54	56	58	61	63	65	68	70	72	75	77
4' 8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67	70	72	74
4' 9"	26	28	30	33	35	37	39	41	43	46	48	50	52	54	56	59	61	63	65	67	69	72
4' 10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67	69
4' 11"	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61	63	65	67
5' 0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65
5' 1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62
5' 2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60
5' 3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59
5' 4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57
5' 5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55
5' 6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53
5' 7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52
5' 8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50
5' 9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49
5' 10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47
5' 11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46
6' 0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45
6' 1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44
6' 2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42
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6' 10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	34	35

- Underweight: BMI = less than 18.5
 Normal weight: BMI = 18.5 to 24.9
 Overweight: BMI = 25 to 29.9
 Obesity: BMI = 30 to 39.9
 Extreme Obesity: BMI = 40 and above

It's YOUR Move!

www.myfitscript.com MyFitScript™ specializes in age and chronic disease specific exercise programs for prevention and management.

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