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## Peacock Physical Therapy Services, LLC

# PAR-Q Physical Activity Readiness Questionnaire

**Use: This questionnaire tool helps to determine how safe activity & exercise is for you.**

**Instructions: Please read the questions carefully and answer each one honestly.**

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

**If you answered YES:**

If you answered "yes" to one or more questions, talk with your doctor before you start becoming much more active or before you have a fitness test. Tell your doctor about the PAR-Q and which questions you answered "yes".

**If you answered NO:**

If you answered "no" honestly to all of the questions, you can be reasonably sure that you can start becoming much more physically active or take part in a physical fitness appraisal – begin slowly and build up gradually. This is the safest and easiest way to go.



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## Peacock Physical Therapy Services, LLC

# PA-R Physical Activity Rating

**Use:** This questionnaire tool helps categorize your current level of physical activity.

**Instructions:** Select ONE number that best describes your overall level of physical activity for the previous 6 MONTHS:

Does not participate regularly in programed recreation, sport, or physical activity.

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0 points

Avoids walking or exercise (for example, always uses elevators, drives whenever possible instead of walking).

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1 point

Walks for pleasure, routinely uses stairs, occasionally exercises sufficiently to cause heavy breathing or perspiration.

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Participates regularly in recreation or work requiring modest physical activity (such as golf, horseback riding, calisthenics, gymnastics, table tennis, bowling, weight lifting, or yard work).

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2 points

10–60 minutes per week

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3 points

Over 1 hour per week

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Participates regularly in heavy physical exercise (such as running or jogging, swimming, cycling, rowing, skipping rope, running in place) or engages in vigorous aerobic type activity (such as tennis, basketball, or handball).

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4 points

Runs less than 1 mile per week or spends less than 30 minutes per week in comparable physical activity.

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5 points

Runs 1–5 miles per week or spends 30–60 minutes per week in comparable physical activity.

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6 points

Runs 5–10 miles per week or spends 1–3 hours per week in comparable physical activity.

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7 points

Runs more than 10 miles per week or spends more than 3 hours per week in comparable physical activity.

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## Peacock Physical Therapy Services, LLC

# IFIS

## The International Fitness Scale

**Use:** This questionnaire tool helps to determine your current physical fitness level.

**Instructions:** Please answer all the questions honestly and do not leave any blank. Mark only one answer per question. Rate your current level of physical fitness.

1. Your general physical fitness is:

- Very poor
- Poor
- Average
- Good
- Very good

2. Your cardiorespiratory fitness (capacity to do exercise, for instance running, for a long time) is:

- Very poor
- Poor
- Average
- Good
- Very good

3. Your muscular strength is:

- Very poor
- Poor
- Average
- Good
- Very good

4. Your speed/agility is:

- Very poor
- Poor
- Average
- Good
- Very good

5. Your flexibility is:

- Very poor
- Poor
- Average
- Good
- Very good