

Walk-Ready Questionnaire

Becoming more active is very safe for most people. Some people should check with their doctor before they start becoming more physically active. Start by answering all of the questions below. If you are over 65 years then check with your doctor anyway.

1. Has your doctor ever said that you have a medical condition and should only do physical activity recommended by a doctor?

Yes No

2. Do you feel pain in your chest when you do physical activity?

Yes No

3. In the past month, have you had a pain in your chest while not doing physical activity?

Yes No

4. Do you lose your balance because of dizziness or do you ever lose concentration?

Yes No

5. Do you have a bone or joint problem that could be made worse by increasing your level of physical activity?

Yes No

6. Is your doctor currently prescribing drugs for your blood pressure or a heart condition?

Yes No

7. Do you know of any reason why you should not do physical activity?

Yes No

✓ I understand that by answering yes to one or more of the above questions then I should consult my doctor before taking part in this walking session.

✓ I agree to tell the walk leader if there are any changes in my health which affect my answers to the above questions.

✓ I understand that this information will be shared with other walk leaders.

Signed: _____ Date: _____

Tel no: _____

Emergency Contact Details (ICE number): Name: _____

Number: _____