Common sense is your best guide when you answer these questions. Please read the questions carefully, and answer each one honestly: Circle YES or NO

1. 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

2. Do you feel pain in your chest when you do physical activity? YES NO

3. In the past month, have you had chest pain when you were not doing physical activity? YES NO

4. Do you lose your balance because of dizziness or do you ever lose consciousness? YES NO

5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? YES NO

6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? YES NO

7. Do you know of any other reason why you should not do physical activity? YES NO

**WPS-PAT Orientation**: if you answered YES to any of the above questions, your doctor must complete the Physician’s Release to participate in the active portions of the orientation.

**WPS-PAT Test**: both the PAR-Q and the Physician’s Release must be completed to attempt the test.

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Sept. 2020