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