



Maine in Motion

Registration Form

Required Information:

First Name: _____ Last Name: _____

Mailing Address: _____ Town: _____

State: _____ Zip Code: _____ County: _____

Telephone Number: _____

Male _____ Female _____ Date of Birth _____

Will you: track steps (pedometer) track time

If you are a student ...

Your grade level: _____ Your school: _____

If you are NOT a student ...

Primary Employment: employed self-employed retired
 homemaker out of work other

Your work site: _____

Educational Level: some high school high school equivalency
 high school graduate some college or technical school
 college graduate (4 years or more)

Height without shoes (optional): _____ Weight without shoes (optional): _____

email: _____

Please answer some questions about yourself and your activity level.

Regular physical activity is defined as achieving at least:

- 30 minutes (in bouts of at least 10 minutes at a time) of moderate-intensity activity on five or more days of the week *OR*
- 20 minutes of vigorous-intensity activity on 3 or more days of the week.

What best describes your current level of exercise?

- I do not participate in regular physical activity now, but intend to in the next 30 days.
- I do not participate in regular physical activity now, but intend to in the next 6 months.
- I do participate in regular physical activity now, but have been for LESS than 6 months.
- I have been participating in regular physical activity for MORE than 6 months.

(continued on back)

Return registration form to Maine in Motion, 11 Parkwood Drive, Augusta, ME 04330.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly to yourself.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

If you answered:

YES to one or more questions

NO to all questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active. Tell your doctor about the above questions and which questions you answered YES.

You may be able to do any activity you want -- as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.

If you answered NO honestly to all questions, you can be reasonably sure that you can start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.

You should **delay becoming much more active** if:

1. You are not feeling well because of a temporary illness such as a cold or fever: wait until you feel better.
2. You are or may be pregnant: talk to your doctor before you start becoming more physically active.

Informed use of the Par-Q: The Canadian Society of Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing questionnaire, consult your doctor prior to physical activity.

I have read and understood the PAR-Q questions listed on this page.

Choose one of the following Governor's Challenges (these numbers will be your goals on your personal fitness calendar). Each challenge is for a one month time period.

Bronze Challenge (4 days activity per week)

Track steps - Goal: 8000 steps per day; 32000 steps per week OR
Track time - Goal: 30 minutes per day; 120 minutes per week

Silver Challenge (5 days activity per week)

Track steps - Goal: 10000 steps per day; 50000 steps per week OR
Track time - Goal: 40 minutes per day; 200 minutes per week

Gold Challenge (6 days activity per week)

Track steps - Goal: 12000 steps per day; 72000 steps per week OR
Track time - Goal: 50 minutes per day; 300 minutes per week

No Challenge

I prefer to just use the fitness calendar and not participate in any of the Governor's Challenges. However, I understand that I can add a challenge in the future at any time.





Required Information:

I understand that any information I provide is privileged and confidential. I agree to the use of information for evaluation and research purposes as long as I am **not** identified. I have read, understood, and completed this questionnaire. The Maine Governor's Council on Physical Activity and their agents assume no liability for persons who undertake physical activity and hereby state that I am voluntarily participating in the *Maine in Motion* program. My photo may be used for promotional purposes.

Signature: _____ Date: _____

Parent/Guardian signature for participants under age 18.



Signature: _____ Date: _____

