



Maine in Motion

School Registration Form

Required Information:

First Name: _____ Last Name: _____

Mailing Address: _____ Town: _____

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: _____

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

email: _____

Please answer some questions about yourself. Regular physical activity is defined as achieving at least 30 minutes of moderate physical activity on four 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.

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 5 or more days of the week *OR*
- 20 minutes of vigorous-intensity activity on 3 or more days of the week.

Moderate physical activities are those in which a person would experience some increase in breathing or heart rate. Examples of moderate physical activities include walking, cycling, dancing, gardening and yardwork, and various domestic and occupational activities.

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

Vigorous physical activities are those in which a person would experience a large increase in breathing or heart rate. Examples of vigorous activities include jogging/running, lap swimming, cycling, skating, cross-country skiing, hiking/backpacking, racquet sports, and competitive group sports (soccer, basketball, etc.).

If you DO currently participate in regular physical activity:

1. Choose an activity from the list below:
activity: _____ Level (circle one): moderate or vigorous
how many days per week: _____ How many minutes per day:
 less than 1 less than 10
 1-2 10-19
 3-4 20-29
 5 or more 30-59
 60 or more

2. Choose another activity from the list below:
activity or other: _____ Level (circle one): moderate or vigorous
how many days per week: _____ How many minutes per day:
 less than 1 less than 10
 1-2 10-19
 3-4 20-29
 5 or more 30-59
 60 or more

3. And choose a third activity from the list below:
activity or other: _____ Level (circle one): moderate or vigorous
how many days per week: _____ How many minutes per day:
 less than 1 less than 10
 1-2 10-19
 3-4 20-29
 5 or more 30-59
 60 or more

Activity List

walking	cycling	martial arts	dancing
hiking	swimming	housework	aerobics
jogging	rowing	yard work	gardening
write in sports, etc., next to other			



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

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.

NO to all questions

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.



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: _____

