Pre-exercise screening checklist

For personal trainers and online coaches. One page per new client, completed before the first session.

Client name _____ Date _____

Coach _____ Start date _____

1. PAR-Q+ (official form)

Use the current official PAR-Q+ from **eparmedx.com**. Do not use a modified or old copy. This checklist records the result; it does not replace the form.

- ☐ Client completed the PAR-Q+ (version year _____) on _____
- ☐ All seven general questions answered "no" → cleared to start. Declaration signed.
- ☐ One or more "yes" → follow-up pages completed for: _____
- ☐ Follow-up pages sent the client to the ePARmed-X+. Result (low / intermediate / high risk): _____
- ☐ Form says to delay (temporary illness, pregnancy, recent change in health). Reason and plan:

_____

2. Medical clearance

Question	Record
Clearance needed?	☐ No ☐ Yes, requested on _____ ☐ Received on _____
Restrictions from the clinician	
Medications that affect training (heart rate, blood pressure, blood sugar, balance)	
Injuries, joint or soft-tissue problems to program around	

3. Paperwork

- ☐ Coaching agreement signed ☐ Informed consent signed ☐ Emergency contact recorded
- ☐ Completed PAR-Q+ and any clearance stored with the client record (date-stamped)

4. First block

- ☐ Baseline recorded: bodyweight, measurements, photos (if agreed), starting lifts
- ☐ Effort set by RPE or reps in reserve rather than heart rate zones if medication changes heart rate
- ☐ Starting intensity: ☐ light ☐ moderate ☐ progress normally
- ☐ Anything the client or clinician said that shapes the program, noted in their profile

5. Re-screen

- ☐ PAR-Q+ due again on _____ (12 months) ☐ ePARmed-X+ due again on _____ (6 months)
- ☐ Re-screen sooner if: new diagnosis, new medication, pregnancy, surgery, or any change in health

Coach signature _____ Date _____

A screening record, not medical advice. Refer out whenever the PAR-Q+ or ePARmed-X+ says to. © TrainBlock, trainblock.app/blog/par-q-form. Free to use and share with attribution.