

## **Hypertracks physical activity readiness questionnaire**

Please read the following questions carefully circle “yes” or “no” below the question as it applies to you. (All information is private and confidential)

1. Have you ever suffered from heart problems and pains in your chest?

YES	NO
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2. Do you often feel faint or have spells of severe dizziness?

YES	NO
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3. Has your Doctor ever told you that you have bone or joint problems?

YES	NO
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4. Are you currently on any prescribed medication that would prevent you from operating heavy machinery?

YES	NO
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5. Have you had surgery in the last 2 years?

YES	NO
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6. Is there any physical reason not mentioned above that would prevent you from taking part in the activity of moto-x riding?

YES	NO
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7. Are you pregnant or may suspect you are?

YES	NO
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8. Are you registered disabled?

YES	NO
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***If you have answered “yes” to any of the above question, you may be asked to seek medical approval from a GP before taking part in the riding experience.***

**Name:**.....

**Address:**.....

**Signature:**.....**Date:**.....

