

Step 1: Fill out your forms!

The screenshot shows the 'Training Portal Login' page for 'FITNESS FOR FEMINISTS'. The page has a navigation bar with links: HOME, ARTICLES, SUBSCRIBE, SERVICES, TESTIMONIALS, ABOUT, and CONTACT. Below the navigation bar is a login form with fields for 'Email' and 'Password', and a 'Login' button. A link for 'Forgotten your password?' is located below the login button. The page is titled 'Training Portal Login' in the top right corner.

To sign in, go to <https://www.fitnessforfeminists.com/training-portal-login> and enter the login information that you received in your email.

Once you've signed in, your scheduling tab will open up. This is where your daily to-dos will show up. If you don't see your forms, click the "Forms" tab to access them.

The screenshot shows the scheduling interface after logging in. At the top, there are buttons for 'Add Ons', 'Change Password', and 'Log Out'. Below these are tabs for 'Schedule', 'Programs', 'Coaching', and 'Forms'. The 'Forms' tab is highlighted with a red circle. Below the tabs is a calendar view for the week of 26 Feb - 4 Mar, 2018. The calendar shows a schedule for 'Phase 1' activities across the days of the week.

The screenshot shows the 'Forms' tab in the scheduling interface. It displays a table with columns for 'Created', 'Form', and 'Action'. The table lists four forms: 'PAR Q', 'Informed Consent Form', 'Distance Training Questionnaire', and 'Pay It Forward', all created on 1 Mar 18. A red arrow points to the 'View' button next to the 'PAR Q' form.

Created	Form	Action
1 Mar 18	PAR Q	View
1 Mar 18	Informed Consent Form	View
1 Mar 18	Distance Training Questionnaire	View
1 Mar 18	Pay It Forward	View

On the forms tab, you'll see the PAR-Q, Informed Consent Form, Distance Training Questionnaire, and Pay It Forward. Click "View" to open up the first form.

In your form, be sure to answer all of the questions asked. At the bottom of the document, sign by using your mouse to draw your signature.

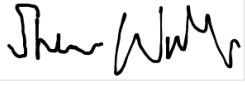
If you answered YES to one or more questions, talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- 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.
- Find out which community programs are safe and helpful for you

If you answered NO honestly to all PAR-Q 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.
- take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144 / 94, talk with your doctor before you start becoming much more physically active.

Signed (The form cannot be edited after being signed)



[Clean Signature](#)

Basic Physical Activity Readiness Form - PAR-Q

Home **Save** Log Out

While this form will help screen for potential health issues, we always recommend consulting your doctor before starting a new physical activity regime.

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming more physically active. If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

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

Has your doctor ever told you that you have a heart condition and that you should only do physical activity recommended by a doctor? ☐ Yes ☒ No


Do you feel pain in your chest when you do physical activity? ☐ Yes ☒ No

In the past month, have you had chest pain when you were not doing physical activity? ☐ Yes ☒ No

Do you lose your balance because of dizziness or do you ever lose consciousness? ☐ Yes ☒ No

Then, scroll back up to the top of the page and click "Save" to send me the signed document.

Clicking "Home" will return you to the forms screen, where you can fill out the rest of the forms. I will need all forms signed and saved before I can start working on your exercise program.

 **FITNESS FOR FEMINISTS**
GET STRONG (NOT SMALL)

ARTICLES SUBSCRIBE SERVICES TESTIMONIALS ABOUT

Messages Add Ons Change Password Log Out

Schedule Programs Coaching **Forms**

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1 Mar 18	PAR Q	View
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1 Mar 18	Distance Training Questionnaire	View
1 Mar 18	Pay It Forward	View