



Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

The Physical Activity Readiness Questionnaire for Everyone (PAR-Q+) is available by opening this [link](#). It is also available at the Canadian Society for Exercise Physiology website. The PAR-Q+ questionnaire differs only slightly from the previously recommended PAR-Q. Probes were added to allow health care providers to obtain more specific information on "yes" responses that would exclude participants from exercise on the PAR-Q. The additional information is intended to decrease unnecessary exclusions.

Protocol source: <https://www.phenxtoolkit.org/protocols/view/150402>