**Exercise Test Worksheet**

Date: \_\_\_6/21/23\_\_\_\_\_\_\_\_\_

Participant ID or Name: \_\_Andy Reagan\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_\_\_\_\_ Age: \_33\_\_

Demographics: Height: \_190.5\_\_cm Weight: \_\_86.4\_\_\_\_kg

Baseline Heart Rate: \_\_\_\_\_bpm Baseline BP: \_\_\_\_/\_\_\_\_mm Hg

Predicted HRmax [207 – (0.7 x age)]: **\_**184**\_\_** bpm

Testing mode (circle one): Treadmill Cycle Ergometer

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| STAGE(minute) | Speed (mph) or Power (watts) | % grade | BP | HR(last 10 sec of stage) | RPE(last 10 sec of stage) | Comments |
|  | 7.5mph |  |  |  |  |  |
| 2:00 |  | 0 |  | 159 | 6 |  |
| 2:15 |  | 2.5 |  | 159 |  |  |
| 4:00 |  | 2.5 |  | 169 | 10 |  |
| 4:15 |  | 5.0 |  | 173 |  |  |
| 6:00 |  | 5.0 |  | 176 | 16 |  |
| 6:15 |  | 7.5 |  | 179 |  |  |
| 8:00 |  | 7.5 |  | 182 | 20 |  |
| 8:15 |  | 10.0 |  | 183 |  |  |
|  |  |  |  | 185 |  |  |
|  |  |  |  | 186 |  | (highest HR noted) |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

Reason for test termination: \_participant requested to stop\_\_\_\_\_ Length of test: ~ \_9\_\_min \_40\_sec

Peak Heart Rate (HRmax): \_186\_\_\_bpm

VO2 plateau with increasing workload: Yes No

Respiratory Exchange Ratio (RER) ≥ 1.10: Yes No

Heart Rate (HR) with ± 10 bpm of predicted HRmax: Yes No

Rate of Perceived Exertion (RPE) ≥ 18: Yes No

Notes: Max effort