

NAME \_\_\_\_\_

## LABORATORY 2 DATA SHEET

DATE \_\_\_\_\_

Participant ID (no names) \_\_\_\_\_

### Age-predicted heart rate max (APHRmax) Calculation

1. Age = \_\_\_\_\_

2.  $\text{APHRmax} = 208 \text{ bpm} - (0.7 \times \text{age}) = \text{_____ bpm}$

3.  $85\% \text{ of APHRmax} = 0.85 \times \text{APHRmax} = \text{_____ bpm}$

Treadmill Protocol						
Stage	Time*	Grade %	Speed	HR	RPE	Notes
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
*Time should be synchronized with the start of data collection on the computer so that the data sheet lines up with the metabolic measurements.						

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## LABORATORY 2 NOTES