NIA NAT	
NAMF	

LABORATORY 2 DATA SHEET

|--|

Age-predicted heart rate max (APHRmax) Calculation

	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.

NIAN4E	
NAMF	

LABORATORY 2 DATA SHEET

Tarticipant 15 (no names)	DATE Participant II	D (no names)
---------------------------	---------------------	--------------

Age-predicted heart rate max (APHRmax) Calculation

- 1. Age = _____
- 2. APHRmax = 208 bpm (0.7 x _____) = ____bpm age
- 3. 85% of APHRmax = 0.85 x ____ = ____bpm APHRmax

	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.

NIANAT	
NAMF	

LABORATORY 2 DATA SHEET

DATE	Participant ID (no names)	

Age-predicted heart rate max (APHRmax) Calculation

	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.