LABORATORY 2 DATA SHEET

DATE _____   Participant ID (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.

LABORATORY 2 DATA SHEET

DATE _____   Participant ID (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.

LABORATORY 2 DATA SHEET

DATE _____   Participant ID (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.						

LABORATORY 2 NOTES