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| --- | --- | --- | --- |
| **Plate Name** | **Plate Number** | **Barcode Type** | **Visit Type** |
| Consent Form | 1 | Single Time Point | Screening |
| Inclusion Criteria | 2 | Single Time Point | Screening |
| Exclusion Criteria | 3 | Single Time Point | Screening |
| Cardiac Stress Test | 4 | Single Time Point | Screening |
| Randomization | 5 | Single Time Point | Screening |
| Baseline | 6, 7 | Single Time Point | Baseline |
| Personal Information | 8 | Single Time Point | Baseline |
| 6 and 12 month Follow up | 9 | 2 x Time Point | 6 & 12 month |
| 6 and 12 month Step Act. | 10 | 2 x Time Point | 6 & 12 month |
| 5 Meter Walk | 11 | 4 x Time Point | Baseline, Post Evaluation, 6 & 12 Month |
| 6 Minute Walk | 12 | 4 x Time Point | Baseline, Post Evaluation, 6 & 12 Month |
| Berg Balance Scale | 13, 14, 15, 16 | 4 x Time Point | Baseline, Post Evaluation, 6 & 12 Month |
| Isometric Knee Extension | 17 | 4 x Time Point | Baseline, Post Evaluation, 6 & 12 Month |
| EQ-5D-5L Evaluation | 18, 19 | 4 x Time Point | Baseline, Post Evaluation, 6 & 12 Month |
| Moca | 20 | 4 x Time Point | Baseline, Post Evaluation, 6 & 12 Month |
| DSST | 21 | 4 X Time Point | Baseline, Post Evaluation, 6 & 12 Month |
| Trail Making A & B | 22, 23, 24, 25 | 4 x Time Point | Baseline, Post Evaluation, 6 & 12 Month |
| NIH Stroke Scale | 26, 27, 28, 29 | Single Time Point | Baseline |
| FIM | 30, 31 | 2 x Time Point | Baseline and Post Evaluation |
| PHQ-9 | 32 | 4 x Time Point | Baseline, Post Evaluation, 6 & 12 Month |
| Godin Leisure Time | 33 | Single Time Point | Baseline |