

DirecNet Exercise 2 Study Exercise Session Form

1. Admission Date: ____ / ____ / ____ mm/dd/yy
tblGVisit.VisitDt

2. Visit Type: ☐ Basal Continued ☐ Basal Stopped
tblHeartRateData.GVisitType tblTreadMillData.GVisitType

DISCONNECT THE SUBJECT'S INSULIN PUMP PRIOR TO STARTING THE EXERCISE SESSION.

A. EXERCISE DATA

Cycle 1

1. Start Time: ____ : ____ PM tblHeartRateData.StartTime	2. Target treadmill settings: Speed ____ Incline ____ tblTreadMillData.Speed tblTreadMillData.Incline
3. Record the time the subject's heart rate reaches 140 BPM: ____ : ____ PM tblHeartRateData.TimeHR140	
4. Record the subject's RPE (rating of perceived exertion) at the 10-minute point during the cycle: ____ tblHeartRateData.RPE	
5. Did the subject complete all 15 minutes of this cycle? <input type="checkbox"/> Yes <input type="checkbox"/> No tblHeartRateData.Completed	

Cycle 2

1. Was Cycle 2 initiated? <input type="checkbox"/> Yes <input type="checkbox"/> No tblGHeartRateData.Cycle tblGTreadMillData.ExCycle	
2. Start Time: ____ : ____ PM tblHeartRateData.StartTime	3. Target treadmill settings: Speed ____ Incline ____ tblTreadMillData.Speed tblTreadMillData.Incline
4. Record the time the subject's heart rate reaches 140 BPM: ____ : ____ PM tblHeartRateData.TimeHR140	
5. Record the subject's RPE (rating of perceived exertion) at the 10-minute point during the cycle: ____ tblHeartRateData.RPE	
6. Did the subject complete all 15 minutes of this cycle? <input type="checkbox"/> Yes <input type="checkbox"/> No tblHeartRateData.Completed	

Cycle 3

1. Was Cycle 3 initiated? <input type="checkbox"/> Yes <input type="checkbox"/> No tblGHeartRateData.Cycle tblGTreadMillData.ExCycle	
2. Start Time: ____ : ____ PM tblHeartRateData.StartTime	3. Target treadmill settings: Speed ____ Incline ____ tblTreadMillData.Speed tblTreadMillData.Incline
4. Record the time the subject's heart rate reaches 140 BPM: ____ : ____ PM tblHeartRateData.TimeHR140	
5. Record the subject's RPE (rating of perceived exertion) at the 10-minute point during the cycle: ____ tblHeartRateData.RPE	
6. Did the subject complete all 15 minutes of this cycle? <input type="checkbox"/> Yes <input type="checkbox"/> No tblHeartRateData.Completed	

Cycle 4

1. Was Cycle 4 initiated? <input type="checkbox"/> Yes <input type="checkbox"/> No tblGHeartRateData.Cycle tblGTreadMillData.ExCycle	
2. Start Time: ____ : ____ PM tblHeartRateData.StartTime	3. Target treadmill settings: Speed ____ Incline ____ tblTreadMillData.Speed tblTreadMillData.Incline
4. Record the time the subject's heart rate reaches 140 BPM: ____ : ____ PM tblHeartRateData.TimeHR140	
5. Record the subject's RPE (rating of perceived exertion) at the 10-minute point during the cycle: ____ tblHeartRateData.RPE	
6. Did the subject complete all 15 minutes of this cycle? <input type="checkbox"/> Yes <input type="checkbox"/> No tblHeartRateData.Completed	