

**Subject Screening Form**  
**The Effect of Lateral Bicycle Dynamics on Maximal Power Output**

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**Alexis Miller**

Name (please print) : \_\_\_\_\_

Date of Birth: 12/21/1989

Height: 5'5

Weight: 115

Shoe size: 7.5

Years of cycling experience: 15

Hours of cycling per week: 4-8

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**PLEASE ANSWER THE FOLLOWING QUESTIONS TO THE BEST OF YOUR KNOWLEDGE.**

1. Describe briefly your typical weekly physical exercise. Indicate approximate duration frequency and intensity. For example: "I ride outside 3 or 4 times per week." or "I ride indoors on a trainer when it is too cold or snowy outside".

I workout an average of 12 hours a week, alternating between a majority of hours of running and cycling as well as 2-3 hours spent on yoga and strength.

2. Are you in good general health?

☒ Yes      ☐ No

If no, please specify any known problems: \_\_\_\_\_

3. Do you have any difficulty with walking, cycling or mobility in general?

☐ Yes      ☒ No

If yes, please specify: \_\_\_\_\_

4. Do you have any problem with balance or dizziness?

☐ Yes      ☒ No

If yes, please specify: \_\_\_\_\_

5. Do you currently have lingering symptoms or pain related to a serious musculoskeletal injury to your legs, feet, or back?

☐ Yes ☒ No

If yes, please specify: \_\_\_\_\_

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6. Do you have asthma or exercise-induced asthma?

☐ Yes ☒ No

If yes, please specifically explain whether your asthma does or does not cause you problems. For example, you could state: *"I usually have trouble breathing when I exercise"* or *"My asthma makes it hard to breathe only when it is cold outside"*, or *"Never had a problem"* or *"Occasionally, I have problems breathing but I have an inhaler that I use"*.

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7. Has a doctor told you that you have high blood pressure?

☐ Yes ☒ No

8. Have you ever had a heart attack?

☐ Yes ☒ No

9. Has a doctor told you that your cholesterol is at a high risk-level?

☐ Yes ☒ No

10. Do you have diabetes or has a doctor told you that you have diabetes or pre-diabetes?

☐ Yes ☒ No

11. Do you have renal (kidney) disease?

☐ Yes ☒ No

12. Do you smoke cigarettes?

☐ Yes ☒ No