CSEP-PATH: DATA COLLECTION WORKSHEET (mCAFT)

Name:			
Date (dd/mm/yr):	Age (years):	Gender: ☐ M ☐ F	Weight (kg):
Predicted HRmax (bpm):		85% predicted HRmax: b/10 seconds	
HR (bpm) measured by:		☐ Auscultation ☐ Palpation ☐ Electronic HR Monitor	

Exercise	Starting Stage (use Table 1 on the back)	HR (bpm)	RPE
	1st stage		
	2nd stage		
	3rd stage		
	4th stage		
	5th stage		
	6th stage		
	7th stage		
	8th stage		

Please Note: A standardized recovery protocol applies to each aerobic fitness assessment. At test completion, use the table to record the client's Heart Rate and Blood Pressure at the designated intervals.

Post-Exercise Time (min)		HR (bpm)	BP (mmHg)
Active Recovery	1		
	2		
	3		
	4*		
	5*		
Passive Recovery	1		
	2		
	3		
	4**		
	5**		

* If client does not feel sufficiently recovered by 3 min, then complete another 2 min of very light recovery, before sitting.

** If at 3 min of passive recovery, HR and BP is above prescreening cutoffs (SBP>144, DBP>94, and HR>99), wait another 2 minutes, and then measure HR and BP. Clients with HR or BP values that remain above the cutoffs at this time should postpone the remainder of the assessment to a later date.

mCAFT EQUATIONS TO PREDICT VO2MAX

VO$_2$max (ml·kg^{-1}·min^{-1}) = 17.2 + (1.29 x O$_2$ cost of the last completed stage) - (0.09 x mass in kg) - (0.18 x age in years)

Note: O$_2$ cost is provided in Table 2 on the back of this worksheet.

VO$_2$max (ml·kg^{-1}·min^{-1}) = 17.2 + (1.29 x _____) - (0.09 x _____ kg) - (0.18 x _____)

Predicted VO$_2$max _____ (ml·kg^{-1}·min^{-1})

HBR _____

TABLE 1: mCAFT STARTING STAGE

Age	Females	Males
15-19	3	4
20-29	3	4
30-39	3	3
40-49	2	3
50-59	1	2
60-69	1	2

TABLE 2: O$_2$ COST TABLE FOR THE VARIOUS MCAFT STEPPING STAGES

Females		Males	
Stage	O$_2$cost VO$_2$(ml·kg^{-1}·min^{-1})	Stage	O$_2$cost VO$_2$(ml·kg^{-1}·min^{-1})
1	15.9	1	15.9
2	18.0	2	18.0
3	22.0	3	22.0
4	24.5	4	24.5
5	26.3	5	29.5
6	29.5	6	33.6
7	33.6	7	36.2
8	36.2	8	40.1

TABLE 3: ESTIMATED VO$_2$MAX - HEALTH BENEFIT RATING

Age	Zone	Male	Female
15-19	Excellent Very Good Good Fair Poor	57.4+ 52.4 - 57.3 48.8 - 52.3 43.6 - 48.7 <43.6	49.0+ 43.7 - 48.9 39.5 - 43.6 36.8 - 39.4 <36.8
20-29	Excellent Very Good Good Fair Poor	55.6+ 50.6 - 55.5 47.2 - 50.5 41.6 - 47.1 <41.6	47.2+ 42.0 - 47.1 37.8 - 41.9 35.0 - 37.7 <35.0
30-39	Excellent Very Good Good Fair Poor	48.8+ 45.4 - 48.7 40.1 - 45.3 33.7 - 40.0 <33.7	45.4+ 40.1 - 45.3 36.0 - 40.0 33.0 - 35.9 <33.0

Age	Zone	Male	Female
40-49	Excellent Very Good Good Fair Poor	47.0+ 42.7 - 46.9 35.5 - 42.6 31.9 - 35.4 <31.9	40.0+ 35.1 - 39.9 31.9 - 35.0 27.1 - 31.8 <27.1
50-59	Excellent Very Good Good Fair Poor	41.8+ 36.5 - 41.7 30.1 - 36.4 26.0 - 30.0 <26.0	36.6+ 34.0 - 36.5 31.0 - 33.9 24.6 - 30.9 <24.6
60-69	Excellent Very Good Good Fair Poor	38.4+ 32.8 - 38.3 28.7 - 32.7 23.5 - 28.6 <23.5	35.8+ 32.8 - 35.7 29.6 - 32.7 23.5 - 29.5 <23.5