

80% Age Predicted HR: $0.8(220-AGE) =$ _____

<input type="checkbox"/> Nicotine	<input type="checkbox"/> Caffeine	<input type="checkbox"/> Exercise
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Arm used: R L

Speed: _____

End of Min	Slope (%) KM/H	HR	BP	Borg	Overall VAS	Symptom reports				Total Scores	Observations	
REST						HA:	Dizz:	Nau:				
REST						HA:	Dizz:	Nau:				
1	0					HA:	Dizz:	Nau:				
2	1					HA:	Dizz:	Nau:				
3	2					HA:	Dizz:	Nau:				
4	3					HA:	Dizz:	Nau:				
5	4					HA:	Dizz:	Nau:				
6	5					HA:	Dizz:	Nau:				
7	6					HA:	Dizz:	Nau:				
8	7					HA:	Dizz:	Nau:				
9	8					HA:	Dizz:	Nau:				
10	9					HA:	Dizz:	Nau:				
11	10					HA:	Dizz:	Nau:				
12	11					HA:	Dizz:	Nau:				
13	12					HA:	Dizz:	Nau:				
14	13					HA:	Dizz:	Nau:				
15	14					HA:	Dizz:	Nau:				
16	15					HA:	Dizz:	Nau:				
17	15					HA:	Dizz:	Nau:				
18	15					HA:	Dizz:	Nau:				
19	15					HA:	Dizz:	Nau:				
20	15					HA:	Dizz:	Nau:				
Cool 1	0					HA:	Dizz:	Nau:				
Cool 3	0					HA:	Dizz:	Nau:				
2 min quiet						HA:	Dizz:	Nau:				

Stop Test Reason:

- | | | |
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| <input type="checkbox"/> Total VAS increased by 3 points (not fatigue)
<input type="checkbox"/> 20 minutes have elapsed
<input type="checkbox"/> Reached 80% age-predicted HR
<input type="checkbox"/> Borg \geq 18 | <input type="checkbox"/> Safety-related Stop:
<input type="checkbox"/> Shortness of breath/wheezing
<input type="checkbox"/> Chest pain/tightness
<input type="checkbox"/> Difficulty walking | <input type="checkbox"/> Balance problems develop
<input type="checkbox"/> Auras develop (flashes of light, blurring/loss of vision, numbness or tingling) |
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Test Notes (if applicable):