



HUMAN PERFORMANCE LABORATORY EXERCISE DATA COLLECTION SHEET

Name _____ Age _____ Gender _____ Date _____

Ht _____ cm Wt _____ kg Predicted MaxHR _____ Treadmill _____ Cycle Ergometer _____

Min	Stage	Time	Speed/RPM	Grade/KP	Heart Rate	RPE	BP
REST	0	0	0	0	_____	_____	_____
1	__	_____	_____	_____	_____	_____	_____
2	__	_____	_____	_____	_____	_____	_____
3	__	_____	_____	_____	_____	_____	_____
4	__	_____	_____	_____	_____	_____	_____
5	__	_____	_____	_____	_____	_____	_____
6	__	_____	_____	_____	_____	_____	_____
7	__	_____	_____	_____	_____	_____	_____
8	__	_____	_____	_____	_____	_____	_____
9	__	_____	_____	_____	_____	_____	_____
10	__	_____	_____	_____	_____	_____	_____
11	__	_____	_____	_____	_____	_____	_____
12	__	_____	_____	_____	_____	_____	_____
13	__	_____	_____	_____	_____	_____	_____
14	__	_____	_____	_____	_____	_____	_____
15	__	_____	_____	_____	_____	_____	_____

Recovery _____ Reason for Test Termination _____

__ min _____

__ min _____

__ min _____

__ min _____

__ min _____

SIGNS/SYMPTOMS/EVENTS/COMMENTS _____
