**STANDARDIZED ACUTE EXERCISE DATA COLLECTION FORM**

**Name/Subject ID:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date of Testing:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Person(s) Administering:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Age:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Weight (lbs):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Height (inches):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**BMI [(weight / height2)\*703]:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Gender:** Male / Female

**Health status:** Healthy / Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**VO2 Max/Peak value of individual:** \_\_\_\_\_\_\_\_\_\_\_\_\_ **Corresponding maximal heart rate (MHR):** \_\_\_\_\_\_\_\_\_\_\_\_\_

* Note: If VO2 max data is not available, calculate maximal heart rate by: 208 – (0.7\*age) (Tanaka et al., 2001)

**Fitness level:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (see table below for reference)

**Acute exercise type:**

1. Walking / Running / Cycling / Swimming / Elliptical / Step machine /

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Continuous / High-intensity intervals / Maximal graded exercise test
2. Protocol description:

**1) Exercise duration (provided in % of 1 hour):**

% of hour = (minutes / 60) \* 100

Warmup: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes

**Session: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ % of hour**

Cooldown: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes

Category: SHORT / MODERATE / LONG (see duration category below for reference)

**2) Exercise intensity (provided in % of VO2 max):**

% VO2 max = (Average HR / MHR) \* 100

Average HR should be calculated by averaging HR data taken at each minute during the exercise session.

Warmup: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ average HR

**Session: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ average HR = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ % of VO2 max**

Cooldown: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ average HR

Category: LOW / MODERATE / HIGH (see intensity category below for reference)

**3) Perceived exertion (provided in % of scale)**

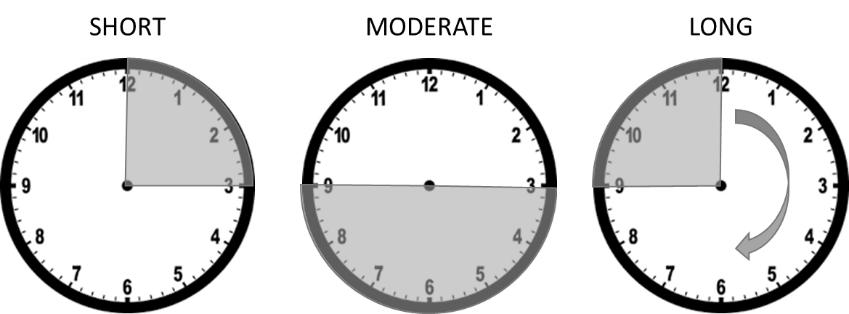
To be measured immediately after the exercise session by the Borg Ratings of Perceived Exertion Scale (see below for reference)

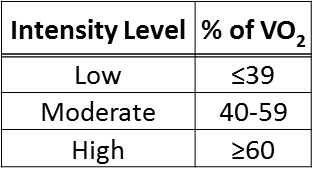
**Value: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ % of scale**

**4) Exercise Index: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

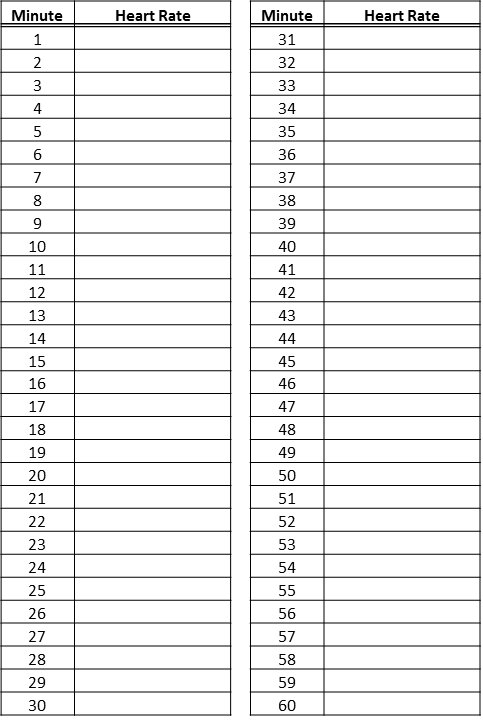
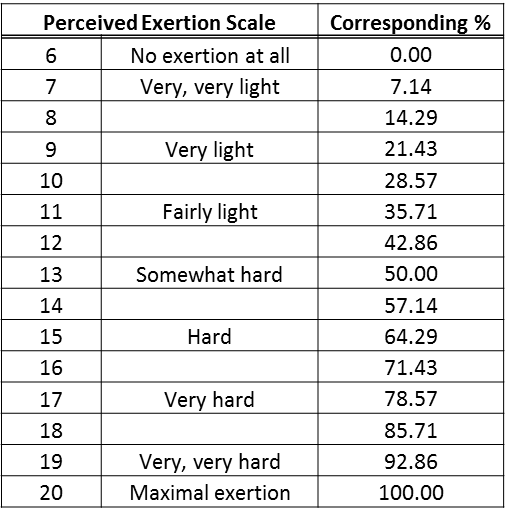
Calculation: (% of hour for session + % of VO2 max for session + % of scale) / 3

DURATION CATEGORY INTENSITY CATEGORY





Please note minute-by-minute heart rate data here: Borg Ratings of Perceived Exertion Scale

To be administered immediately after the exercise session. How hard was the exercise session? Think about your breathing, your muscles, you whole body. (Borg, 1982)

Normative values for VO2 max

Values in ml O2/kg/min (Heyward, 1998)

