# Health Corp Cyclist Data Collection Form

NAME: **JOHN PLATERO** AGE: **50** DATE: **8/20/2008** ID#: **4412**

## BODY COMPOSITION

| | ACTUAL | | IDEAL |
|---|---|---|---|
| Height (in) = | 67 | | |
| Weight (lbs) = | 157 | Weight (lbs) = | 157 |
| Body Fat (%) = | 4.5% | Body Fat (%) = | 5% |
| Lean Body Mass (lbs) = | 150 | Lean Body Mass (lbs) = | 150 |

## CARDIOVASCULAR/STRESS TEST

| | | | INTERPRETATION |
|---|---|---|---|
| Resting Heart Rate (beats/min) = | 29 | ***** | NORMAL ATHLETE |
| Resting Blood Pressure (mm Hg) = | 120/74 | ***** | EXCELLENT |
| Maximal Heart Rate (beats/min) = | 176 | ***** | EXCELLENT |
| 1 & 2 Min. Recovery HR. (beats/min) = | 159/111 | ***** | EXCELLENT |
| Anaerobic Threshold (beats/min) = | 154 | ***** | EXCELLENT |
| Max. Oxygen Consumption (ml/Kg/min) = | 55.4 | ***** | EXCELLENT |
| Total Time on Bicycle (min) = | 10:30 | ***** | EXCELLENT |
| Power Output (Watts) = | 400 | ***** | EXCELLENT |

## NUTRITION

To achieve ideal weight, consume **2762** calories/day & **61** grams of fat per day.
Ideal macro-nutrient ratio is approx. 60% carbohydrates, 20% protein, & 20% fats.

## EXERCISE PRESCRIPTION

| | ZONE 1 | ZONE 2 | ZONE 3 | ZONE 4 |
|---|---|---|---|---|
| | EASY | MODERATE | HARD | AT TRAINING |
| PURPOSE | Active Recovery & Fat Burning | Aerobic Endurance | High Intensity Aerobic, Metabolic | Interval, Speed Work Lactic Acid |
| PERCENT A.T. | 65 - 80% | 80 - 95% | 95 - 105% | 105 - MAX |
| HEART RATE | **100-123** | **123-146** | **146-162** | **162-MAX** |
| FREQUENCY (DAYS/WEEK) | **3** | **3** | **1** | **1** |
| DURATION (MIN) | **60+** | **60+** | **20** | **20** |

YOU SHOULD PLACE TRAINING EMPHASIS ON ZONE: **2&4**

**JOHN PLATERO 4412**

**BLOOD PROFILE**

| | | | INTERPRETATION |
|---|---|---|---|
| Total Cholesterol (mg/dl) | = 155 | ***** | EXCELLENT |
| HDL (good) Cholesterol (mg/dl) | = 76 | ***** | EXCELLENT |
| LDL (Bad) Cholesterol (mg/dl) | = 66 | ***** | EXCELLENT |
| Triglyceride (mg/dl) | = 67 | ***** | EXCELLENT |

**COMMENTS**

1) CHOLESTEROL IS EXCELLENT.

2) THYROID IS EXCELLENT.

3) ROUTINE BLOOD TESTS ARE EXCELLENT.

4) FITNESS LEVEL IS EXCELLENT.

**RECOMMENDATIONS**

1) **KEEP DIARY OF HEART RATE & EXERCISE.**

2) DIET - **61** GRAMS FAT/DAY OR LESS @ 20% FAT IN DIET OF **2762** KCAL.

3) RETURN VISIT SCHEDULED FOR: **THURSDAY, OCTOBER 23, 08 @ 11 AM.**

GOOD HEALTH,

HERMAN FALSETTI, M.D.
CARDIOLOGY/SPORTS MEDICINE

**Health Corp Treadmill Data Collection**

NAME: _____ AGE: _____ SEX: _____ DATE: _____ ID#: _____

**BODY COMPOSITION**

RUN _____ _____ ___

BIKE _____ Height (in) = _____ ___

SWIM _____ Weight (lbs) = _____ ___

_____ Body Fat (%) = _____ ___

Lean Body Mass (lbs) = _____ ___

Chest/tricepts _____ Abdomen/Iliac_____Thigh_____Total_____

**PULMONARY FUNCTION TEST** **INTERPRETATION**

FVC (total volume of air expired) = _____Liters

FEV1 (volume expired in 1 second) = _____Liters

FEV1/FVC = _____ % Interpretation = _____

**CARDIOVASCULAR/STRESS TEST** **INTERPRETATION**

| | | | |
|---|---|---|---|
| Resting Heart Rate (beats/min) = | _____ | ***** | _____ |
| Resting Blood Pressure (mm Hg) = | _____ | ***** | _____ |
| Maximal Heart Rate (beats/min) = | _____ | ***** | _____ |
| 1 & 2 Min. Recovery HR. (beats/min) = | _____ | ***** | _____ |
| Anaerobic Threshold (beats/min) = | _____ | ***** | _____ |
| Power @ Anaerobic Threshold (W/%) = | _____ | ***** | _____ |
| Max. Oxygen Consumption (ml/Kg/min) = | _____ | ***** | _____ |
| Total Time on Treadmill (min) = | _____ | ***** | _____ |
| Total time on Ergometer (min) = | _____ | ***** | _____ |

**NUTRITION**

To achieve ideal weight, consume _____ calories/day & _____ grams of fat per day.
Ideal macro-nutrient ratio is approximately 60% carbohydrates, 20% protein, & 20% fats.

**EXERCISE PRESCRIPTION**

| | ZONE 1 EASY | ZONE 2 MODERATE | ZONE 3 HARD | ZONE 4 AT TRAINING |
|---|---|---|---|---|
| PURPOSE | Active Recovery & Fat Burning | Aerobic Endurance | High Intensity Aerobic, Metabolic | Interval, Speed Work Lactic Acid |
| PERCENT A.T. | 65 - 80% | 80 - 95% | 95 - 105% | 105 - MAX |
| HEART RATE | _____ | _____ | _____ | _____ |
| FREQUENCY (DAYS/WEEK) | _____ | _____ | _____ | _____ |
| DURATION (MIN) | _____ | _____ | _____ | _____ |

YOU SHOULD PLACE TRAINING EMPHASIS ON ZONE: _____

**BLOOD PROFILE**

| | | | INTERPRETATION |
|---|---|---|---|
| Total Cholesterol (mg/dl) = | _____ | ***** | _____ |
| HDL (good) Cholesterol (mg/dl) = | _____ | ***** | _____ |
| LDL (Bad) Cholesterol (mg/dl) = | _____ | ***** | _____ |
| Triglyceride (mg/dl) = | _____ | ***** | _____ |

**COMMENTS**

_____

_____

_____

**RECOMMENDATIONS**

1) KEEP DIARY OF HEART RATE & EXERCISE.

2) DIET - GRAMS FAT/DAY OR LESS @ 20% FAT IN DIET OF KCAL.

3) RETURN VISIT SCHEDULED FOR: _____

_____

_____

**TREADMILL STRESS TEST** Disk _____

| STAGE | MIN | HR | BP | RPE | R | COMMENTS |
|---|---|---|---|---|---|---|
| 1 | 2 MIN | _____ | _____ | | | _____ |
| 2 | 4 MIN | _____ | _____ | | | _____ |
| 3 | 6 MIN | _____ | _____ | | | _____ |
| 4 | 8 MIN | _____ | _____ | | | _____ |
| 5 | 10 MIN | _____ | _____ | | | _____ |
| 6 | 12 MIN | _____ | _____ | | | _____ |
| 7 | 14 MIN | _____ | _____ | | | _____ |
| 8 | 16 MIN | _____ | _____ | | | _____ |
| 9 | 18 MIN | _____ | _____ | | | _____ |
| 10 | 20 MIN | _____ | _____ | | | _____ |

**RECOVERY**

| | | | |
|---|---|---|---|
| 1 MIN | _____ | _____ | _____ |
| 2 MIN | _____ | _____ | _____ |

162.5
9.20%
147.8