

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/triceps _____ 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

	<u>ZONE 1</u> EASY	<u>ZONE 2</u> MODERATE	<u>ZONE 3</u> HARD	<u>ZONE 4</u> 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

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

	<u>ZONE 1</u> EASY	<u>ZONE 2</u> MODERATE	<u>ZONE 3</u> HARD	<u>ZONE 4</u> 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**

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