

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

|                        | <b>ACTUAL</b> |                        | <b>IDEAL</b> |
|------------------------|---------------|------------------------|--------------|
| 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**

|                                       |         |       | <b>INTERPRETATION</b> |
|---------------------------------------|---------|-------|-----------------------|
| 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><b>ZONE 1</b></u><br>EASY     | <u><b>ZONE 2</b></u><br>MODERATE | <u><b>ZONE 3</b></u><br>HARD         | <u><b>ZONE 4</b></u><br>AT TRAINING    |
|--------------------------|----------------------------------|----------------------------------|--------------------------------------|--|
| PURPOSE                  | Active Recovery<br>& Fat Burning | Aerobic<br>Endurance             | High Intensity<br>Aerobic, Metabolic | Interval,<br>Speed Work<br>Lactic Acid |
| PERCENT A.T.             | 65 - 80%                         | 80 - 95%                         | 95 - 105%                            | 105 - MAX                              |
| HEART RATE               | 100-123                          | 123-146                          | 146-162                              | 162-MAX                                |
| FREQUENCY<br>(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