

ACT Max Graded Exercise Test Form

ID <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> NEWID	Acrostic <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Date of Test <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> VISIT	Visit Code <input type="text"/> <input type="text"/> <input type="text"/>

Age <input type="text"/>	Height <input type="text"/> cm	Weight <input type="text"/> kg
Age-predicted Max HR (220-age) MAX_HR bpm	60% Age-predicted Max HR MAX_HR60 bpm	70% Age-predicted Max HR MAX_HR70 bpm

Patient on medications? **PAT_MEDS** Specify needs:

1 Yes ⇒
2 No

Resting Measurements

ECG Results: **ECG_RSLT**

1 Yes
2 Abnormal ⇒ Specify abnormalities:
3 Uninterpretable

Any contra-indications to treadmill testing? **CONTRIND**

1 Yes ⇒ Specify abnormalities:
2 No

Course of action taken: **ACTTAKEN**

1 GXT performed 2 Subject Excluded (GXT not performed) 3 GXT rescheduled

Supine: SBP SUP_SBP mmHg	DBP SUP_DBP mmHg	HR SUP_HR bpm
Standing: SBP STND_SBP mmHg	DBP STND_DBP mmHg	HR STND_HR bpm

Treadmill Measurements

Warm-up: HR **WRMUP_HR** bpm %HR_{max} **PRENT_HR** TM Speed **TM_SPEED**

Stage	Time	Grade	HR	SBP	DBP	RPE	AP	ST	Arr	Comments
1	0-2	GRADE1	HR1	SBP1	DBP1	RPE1	AP1	ST1	ARR1	
2	2-4	GRADE2	HR2	SBP2	DBP2	RPE2	AP2	ST2	ARR2	
3	4-6	GRADE3	HR3	SBP3	DBP3	RPE3	AP3	ST3	ARR3	
4	6-8	GRADE4	HR4	SBP4	DBP4	RPE4	AP4	ST4	ARR4	
5	8-10	GRADE5	HR5	SBP5	DBP5	RPE5	AP5	ST5	ARR5	
6	10-12	GRADE6	HR6	SBP6	DBP6	RPE6	AP6	ST6	ARR6	
7	13-16	GRADE7	HR7	SBP7	DBP7	RPE7	AP7	ST7	ARR7	
8	16-18	GRADE8	HR8	SBP8	DBP8	RPE8	AP8	ST8	ARR8	

Acrostic

Total Treadmill Time min Reason for stopping:

Post Exercise Measurements

Time	HR	SBP	DBP	Signs, Symptoms, ECG Changes
Immediate	<input type="text" value="HR_IMMED"/>	<input type="text" value="SBP_IMMD"/>	<input type="text" value="DBP_IMMD"/>	
2 minute	<input type="text" value="HR_2MIN"/>	<input type="text" value="SBP_2MIN"/>	<input type="text" value="DBP_2MIN"/>	
4 minute	<input type="text" value="HR_4MIN"/>	<input type="text" value="SBP_4MIN"/>	<input type="text" value="DBP_4MIN"/>	
6 minute	<input type="text" value="HR_6MIN"/>	<input type="text" value="SBP_6MIN"/>	<input type="text" value="DBP_6MIN"/>	
8 minute	<input type="text" value="HR_8MIN"/>	<input type="text" value="SBP_8MIN"/>	<input type="text" value="DBP_8MIN"/>	

* If no BP was obtained at peak exercise, obtain one immediately after stopping.

GXT Interpretation:

- Negative
- Positive ⇒
- Uninterpretable

Specify result or problem:

Is this a contra-indication to further treadmill testing? Yes No **TESTING**

Will this subject be excluded from participation in ACT? Yes No **EXCLUDE**

Criteria for VO₂ max

Maximal heart rate	<input type="text" value="MAXHR"/>	b/min
Maximal RPE	<input type="text" value="MAXRPE"/>	
Maximal RER	<input type="text" value="MAXRER"/>	
Maximal VE/VO ₂	<input type="text" value="MAXVEVO2"/>	
Maximal respiratory rate	<input type="text" value="MAXRR"/>	
Maximal VO ₂	<input type="text" value="MAXVO2"/>	ml/min
VO ₂ @ (max stage - 1)	<input type="text" value="VO2MAX1"/>	ml/min
VO ₂ @ (max stage - 2)	<input type="text" value="VO2MAX2"/>	ml/min

Primary Outcome

VO ₂ Max Measurements:	<input type="text" value="VO2ML"/>	ml/min
	<input type="text" value="VO2MLKG"/>	ml/kg/min
	<input type="text" value="VO2METS"/>	METS

Ventilatory Threshold

Ve (BTPS)	<input type="text" value="VE_STPD"/>	L/min
VO ₂	<input type="text" value="VO2_MIN"/>	ml/min
% VO ₂ max	<input type="text" value="VO2_MAX"/>	

Comments:

Test performed by (code)

ACT Max Graded Exercise Test Form Baseline Supplement

ID <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>	Acrostic <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>
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Criteria for VO ₂ max		
Maximal heart rate	<input style="width: 80px;" type="text" value="MAXHR"/>	b/min
Maximal RPE	<input style="width: 80px;" type="text" value="MAXRPE"/>	
Maximal RER	<input style="width: 80px;" type="text" value="MAXRER"/>	
Maximal VE/ VO ₂	<input style="width: 80px;" type="text" value="MAXVEVO2"/>	
Maximal respiratory rate	<input style="width: 80px;" type="text" value="MAXRR"/>	
Maximal VO ₂	<input style="width: 80px;" type="text" value="MAXVO2"/>	ml/min
VO ₂ @ (max stage - 1)	<input style="width: 80px;" type="text" value="VO2MAX1"/>	ml/min
VO ₂ @ (max stage - 2)	<input style="width: 80px;" type="text" value="VO2MAX2"/>	ml/min