Persons using assistive technology may not be able to fully access information in this file. For assistance, e-mail biolincc@imsweb.com. Include the Web site and filename in your message.

**DATA SET NAME: SUBGXT**

# ACT Submax Graded Exercise Test Form

ID ☐ ☐☐☐☐☐ **NEWID** Acrostic ☐☐☐☐☐☐

Date of Test ☐☐/☐☐/☐☐ **VISIT** Visit Code ☐☐☐

BL $VO_2$ Max ☐ ml/min 50% Max Test Speed **TSTSPD50** 75% Max Test Speed **TSTSPD75**

Patient on medications? **PAT_MEDS**

1☐ Yes ⇒ Specify needs:

2☐ No

## Resting Measurements

Standing: SBP **STNDSBP** mmHg DBP **STNDDBP** mmHg HR **STNDHR** bpm

## Treadmill Measurements

| Stage | Time | Grade | HR | SBP | DBP | RPE | Comments, Symptoms, ECG Changes |
|---|---|---|---|---|---|---|---|
| 50% $VO_2$ Max | 1 | **GRADE1** | **HR1** | **SBP1** | **DBP1** | **RPE1** | |
| | 2 | **GRADE2** | **HR2** | **SBP2** | **DBP2** | **RPE2** | |
| | 3 | **GRADE3** | **HR3** | **SBP3** | **DBP3** | **RPE3** | |
| | 4 | **GRADE4** | **HR4** | **SBP4** | **DBP4** | **RPE4** | |
| | 5 | **GRADE5** | **HR5** | **SBP5** | **DBP5** | **RPE5** | |
| 75% $VO_2$ Max | 1 | **GRADE6** | **HR6** | **SBP6** | **DBP6** | **RPE6** | |
| | 2 | **GRADE7** | **HR7** | **SBP7** | **DBP7** | **RPE7** | |
| | 3 | **GRADE8** | **HR8** | **SBP8** | **DBP8** | **RPE8** | |
| | 4 | **GRADE9** | **HR9** | **SBP9** | **DBP9** | **RPE9** | |
| | 5 | **GRADE10** | **HR10** | **SBP10** | **DBP10** | **RPE10** | |

## Recovery Measurements

| Time | Speed | Grade | HR | Comments, Symptoms, ECG Changes |
|---|---|---|---|---|
| 3 | 2 | 0% | **RECOV_HR** | |

Test performed by ☐☐ (code)