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)