

# STUDENT RECORD SHEET: SUBMAXIMAL HEART RATE TESTS

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Ambient heart rate: \_\_\_\_\_

Record all of your submaximal heart rate test data in the following table. Make observation notes on the bottom or back of the sheet about your overall health and emotional state on the day of the test. You may want to note things such as current or recent illnesses or emotions or stresses that may have had an impact on the test results.

## SUBMAXIMAL HEART RATE NUMBERS

Factors	Date	1-mile walking test	Step test	Talk test	Biggest number test	Chair test	Two-by-four-minute test	Mathematical formula
Heart rate number								
Cardiovascular fitness factor								
Estimated submaximal heart rate								
Current health status*								
Emotional health status*								

\*For the category of health status, include things that may compromise your performance such as having a cold or recovering from the flu; in the category of emotional health status, include emotional conflicts that may have had an impact on your performance on the day of the activity such as anger or sadness.