Name:

ID:

Date:

Height:

Weight:

BSA:

Age:

Sex:

Race:

Room:  
Doctor:

Tech:

Pre Test Comments:  
Post Test Comments:  
Last Calibration:

Start Exercise:

Start Recovery:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Rest | AT | V02 Max | Pred | AT / VO2 Max (%) | VO2 Max/Pred (%) |
| Time (min) |  |  |  |  |  |  |
| Ex Time (min) |  |  |  |  |  |  |
| **WORK** |  |  |  |  |  |  |
| Work (Watts) |  |  |  |  |  |  |
| Speed (RPM) |  |  |  |  |  |  |
| **VENTILATION** |  |  |  |  |  |  |
| Vt BTPS (L) |  |  |  |  |  |  |
| RR (br/min) |  |  |  |  |  |  |
| VE BTPS (L/min) |  |  |  |  |  |  |
| **O2 CONSUMPTION** |  |  |  |  |  |  |
| VO2 (mL/kg/min) |  |  |  |  |  |  |
| VO2 (mL/min) |  |  |  |  |  |  |
| VCO2 (mL/min) |  |  |  |  |  |  |
| RER |  |  |  |  |  |  |
| **CARDIAC** |  |  |  |  |  |  |
| HeartRate (BPM) |  |  |  |  |  |  |
| VO2/HR (mL/beat) |  |  |  |  |  |  |
| **V/Q** |  |  |  |  |  |  |
| VE/VCO2 |  |  |  |  |  |  |
| VE/VO2 |  |  |  |  |  |  |
| PETCO2 (mmHg) |  |  |  |  |  |  |
| PETO2 (mmHg) |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| sysBP (mmHg) |  |  |  |  |  |  |
| diaBP (mmHg) |  |  |  |  |  |  |
| RatePrsPd SBP\*HR/100 |  |  |  |  |  |  |
| Borg PE |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Time  (min) | Work  (Watts) | VO2  (mL/min) | VO2  (mL/kg/min) | VCO2 (mL/min) | RER | Heart Rate (BPM) | VE | BTPS (L/min) | RR (br/min) | SpO2(%) | sysBP (mmHg) | diaBP (mmHg) | Borg PE |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Start Ex |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| AT |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Start R |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Exercise Recovery Questionnaire**

Study ID:

Date of Exercise Tests:

1. How did you feel following the first exercise test?   
2. Describe how you felt the day after the first exercise test.   
3. How did you feel following the second exercise test?   
4. Describe how you felt the day after the second exercise test.   
5. How long did it take you to recover from the exercise tests? Circle the appropriate time…(in days)  
less than 1 2 3 4 5 6 7 still not recovered  
Comments:   
6. Describe symptoms, if any, experienced after the exercise tests.

## GENERAL INSTRUCTIONS

This CRF contains data that would be collected for Cardiopulmonary Exercise Testing (CPET) as part of an ME/CFS study. Standardized methodology should be used for employing CPET. The American College of Sports Medicine, American Heart Association, American College of Cardiology, American Thoracic Society and American College of Chest Physicians provide guidance for CPET testing for a variety of clinical populations. These resources should be utilized to establish protocols and methodology for testing in ME/CFS until ME/CFS specific guidelines have been established.

Important note: None of the data elements included on this CRF Module are considered Core (i.e., required for all ME/CFS studies to collect). All data elements are considered supplemental (i.e., non-Core) and should only be collected if the research team considers them appropriate for their study.

## SPECIFIC INSTRUCTIONS

Please see the Data Dictionary for definitions for each of the data elements included in this CRF Module.

REFERENCES

American College of Sport’s Medicine. ACSM’s Guidelines for Exercise Testing and Prescription 9th Ed.  Philadelphia, PA. Wolters Kluwer/Lippincott Williams & Wilkins;2014.

ATS/ACCP Statement on Cardiopulmonary Exercise Testing. American Journal of Respiratory and Critical Care Medicine.2003;167(2): 211–277.

Balady GJ, Arena R, Sietsema K, Myers J, Coke L, Fletcher GF, Forman D, Franklin B, Guazzi M, Gulati M, Keteyian SJ, Lavie CJ, Macko R, Mancini D, Milani RV; on behalf of the American Heart Association Exercise, Cardiac Rehabilitation, and Prevention Committee of the Council on Clinical Cardiology; Council on Epidemiology and Prevention; Council on Peripheral Vascular Disease; and Interdisciplinary Council on Quality of Care and Outcomes Research. Clinician’s guide to cardiopulmonary exercise testing in adults: a scientific statement from the American Heart Association. Circulation. 2010;122:191–225.

Forman, D. E., Myers, J., Lavie, C. J., Guazzi, M., Celli, B., & Arena, R. (2010). Cardiopulmonary Exercise Testing. Postgraduate medicine, 122(6).

Gibbons RJ, Balady GJ, Bricker JT, Chaitman BR, Fletcher GF, Froelicher VF, Mark DB, McCallister BD, Mooss AN, O'Reilly MG, Winters WL Jr. ACC/AHA 2002 guideline update for exercise testing: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines (Committee on Exercise Testing). 2002. American College of Cardiology Web site. Available at: [www.acc.org/clinical/guidelines/exercise/dirIndex.htm](http://www.acc.org/clinical/guidelines/exercise/dirIndex.htm).

Guazzi, M., Adams, V., Conraads, V., Halle, M., Mezzani, A., Vanhees, L., ... & Myers, J. (2012). Clinical Recommendations for Cardiopulmonary Exercise Testing Data Assessment in Specific Patient Populations. *Circulation*, *126*(18), 2261-2274.

Pescatello, L. S., Arena, R., Riebe, D., Thompson, P. D. (2017). *ACSM's guidelines for exercise testing and prescription*. Lippincott Williams & Wilkins, Philadelphia.

Ross, R. M., Beck, K. C., Casaburi, R., Johnson, B. D., Marciniuk, D. D., Wagner, P. D., & Weisman, I. M. (2003). ATS/ACCP statement on cardiopulmonary exercise testing. *American journal of respiratory and critical care medicine*, *167*(10), 1451-1451.

Wasserman K et al. Principles of exercise testing and interpretation: including pathophysiology and clinical applications. Philadelphia, PA. Wolters Kluwer/Lippincott Williams & Wilkins;2012