

TODAY Form PWC, PWC 170

Release Participant ID

RELEASEID

Release Visit Number

MVISIT

1. Days since randomization

DAYS

Instructions: Complete this form at the following visits: Baseline, month 6, month 24 and any visit originally classified as a primary outcome or end of study visit. Use this form to record data about the physical fitness test. If at any stage the participant cannot pedal the bike at the selected workload (i.e., rpm \leq 25), stop the test. Record the cumulative workload (not the increase in workload) at each stage.

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Participant's physical fitness evaluation

Results of PWC:

Cumulative Workload

1. STAGE 1

. kp

QKP1

Heart rate during last 5 seconds of
time interval

1:00

if rpm \leq 55,

rpm

QHR1

QRPM1

2:00

if rpm \leq 55,

rpm

QHR2

QRPM2

2:30

if rpm \leq 55,

rpm

QHR230

QRPM230

3:00

if rpm \leq 55,

rpm

QHR3

QRPM3

2. STAGE 2

. kp

QKP2

Heart rate during last 5 seconds of
time interval

4:00

if rpm \leq 55,

rpm

QHR4

QRPM4

5:00

if rpm \leq 55,

rpm

QHR5

QRPM5

5:30

if rpm \leq 55,

rpm

QHR530

QRPM530

6:00

if rpm \leq 55,

rpm

QHR6

QRPM6

a. HR \geq 165?

☐

₁ Yes \rightarrow STOP test, go to question #9

☐

₀ No \rightarrow Continue

QHR170

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3. STAGE 3

 . kp

Heart rate during last 5 seconds of
time interval

7:00

if rpm \leq 55,

rpm

8:00

if rpm \leq 55,

rpm

8:30

if rpm \leq 55,

rpm

9:00

if rpm \leq 55,

rpm

a. HR \geq 150?

₁ Yes \rightarrow **STOP test, go to question #9**

₀ No \rightarrow **Continue**

QKP3

QHR7

QRPM7

QHR8

QRPM8

QHR830

QRPM830

QHR9

QRPM9

QHR150

4. STAGE 4

 . kp

Heart rate during last 5 seconds of
time interval

10:00

if rpm \leq 55,

rpm

11:00

if rpm \leq 55,

rpm

11:30

if rpm \leq 55,

rpm

12:00

if rpm \leq 55,

rpm

QKP4

QHR10

QRPM10

QHR11

QRPM11

QHR1130

QRPM1130

QHR12

QRPM12

QGOAL

5. Completion Criteria
(check one):

₁ Reached goal

₂ Short of breath

₃ Legs hurt

₄ Other