

TODAY Form PWC, PWC 170

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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 ≤ 55,

 rpm
 QHR1

 QRPM1

2:00

if rpm ≤ 55,

 rpm
 QHR2

 QRPM2

2:30

if rpm ≤ 55,

 rpm
 QHR230

 QRPM230

3:00

if rpm ≤ 55,

 rpm
 QHR3

 QRPM3

2. STAGE 2

 . kp

 QKP2

Heart rate during last 5 seconds of time interval

4:00

if rpm ≤ 55,

 rpm
 QHR4

 QRPM4

5:00

if rpm ≤ 55,

 rpm
 QHR5

 QRPM5

5:30

if rpm ≤ 55,

 rpm
 QHR530

 QRPM530

6:00

if rpm ≤ 55,

 rpm
 QHR6

 QRPM6

a. HR ≥ 165?

₁ Yes → **STOP test, go to question #9**

₀ No → **Continue**

 QHR170

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3. STAGE 3

 . kp

Heart rate during last 5 seconds of time interval

7:00

if rpm ≤ 55,

rpm

8:00

if rpm ≤ 55,

rpm

8:30

if rpm ≤ 55,

rpm

9:00

if rpm ≤ 55,

rpm

a. HR ≥ 150?

₁ Yes → **STOP test, go to question #9**

₀ No → **Continue**

4. STAGE 4

 . kp

Heart rate during last 5 seconds of time interval

10:00

if rpm ≤ 55,

rpm

11:00

if rpm ≤ 55,

rpm

11:30

if rpm ≤ 55,

rpm

12:00

if rpm ≤ 55,

rpm

5. Completion Criteria (**check one**):

₁ Reached goal
 ₂ Short of breath
 ₃ Legs hurt
 ₄ Other

- QKP3
- QHR7
- QRPM7
- QHR8
- QRPM8
- QHR830
- QRPM830
- QHR9
- QRPM9
- QHR150
- QKP4
- QHR10
- QRPM10
- QHR11
- QRPM11
- QHR1130
- QRPM1130
- QHR12
- QRPM12
- QGOAL