

COMPLETE THE QUESTIONNAIRE

1 MILE WALK TEST

Walk 1 mile as fast as I can.

How many minutes does it take me?

Find my pulse on my wrist, how many beats are there in
10 seconds?

What is my age?

Enter 6.315 if I male, 0 if I am female

My weight in pounds:

My Aerobic Power (aka VO₂max):

Equation for Aerobic Power (VO₂max) =
132.853 - (0.0769 x my weight in pounds)
minus (0.3877 x my age)
plus (6.315 if I am male or 0 if I am female)
minus (3.2649 x my walking time in minutes)
minus (0.1565 x my heart rate at the end of the test)