



Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

Track or pre-measured one-mile distance

Note: if a track is not used, the location where the timed walk takes place must be flat and pre-measured to equal 1 mile.

First, obtain the participant's weight in pounds via a reliable scale, and also record his/her sex, and current age. Secure the HR monitor chest strap and watch to the participant. Explain that you will time the participant as he/she walks briskly for one-mile.

Once the participant is ready at the starting line, say "go" and start the stopwatch. Time the participant until s/he completes the entire 1 mile walk. Record the time in minutes and seconds and then convert to seconds [(minutes x 60) + seconds].

Insert the person's weight, age, sex, time, and HR into the following scoring equation to determine VO_{2max} (maximal oxygen consumption).

Scoring

$$VO_{2max} = 6.9652 + (0.0091 * WEIGHT) - (0.0257 * AGE) + (0.5995 * SEX^1) - (0.2240 * TIME) - (0.0115 * HEART RATE)$$

¹ Male = 1, Female = 0

Units of VO_{2max} are liters of oxygen per minute (l/min)

Protocol source: <https://www.phenxtoolkit.org/protocols/view/150101>