

##

## **Validation of a Fatmax Protocol**

## FATmax Study Day Data Collection Sheet

*(Do not leave any data fields empty: if not known or not taken use NK and NT, respectively)*

Time arrived to Lab: ……………… Time of Server Max Calibration: ………...

Checked checklist / setup: Yes No

Arrived in fasted state (10 – 12 hours): Yes No (Time since last eaten:……..)

Abstained from Alcohol and excessive physical activity for prior 24-hours: Yes No

Change in medical condition / supplement use since last visit: Yes No

Yes, please state:

Change in lifestyle since last visit: Yes No

 Yes, please state:

Fill in Menstrual Cycle stage (female only) Yes No

|  |  |  |  |
| --- | --- | --- | --- |
| **Anthropometrics** | **Measurement 1** | **Measurement 2** | **Measurement 3** |
| Height (cm) |  |  |  |
| Body Mass (kg) |  |  |  |
| Waist Circumference (cm) |  |  |  |
| Hip Circumference (cm) |  |  |  |
| Body Fat % |  |  |  |

Heart Rate monitor attached: Yes No

Bike Set-up: …… Seat height (cms)

 …… Handle bar height (cms) & horizontal position ….. (cms)

Researchers Present at session:

Print: Print:

Sign: Sign:

Researcher One Researcher Two

**Fatmax Test Douglas Bag Data Collection Sheet**

**Mass (kg): ……….. Height (cm): ………. BP (mmHg): …….. Ambient Temp (oC): ……………**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Stage 1**(0-4 min) | **Stage 2**(4-8 min) | **Stage 3**(8-12 min) | **Stage 4**(12-16 min) | **Stage 5**(16-20 min) | **Stage 6**(20-24 min) | **Stage 7** (24-28 min) | **Stage 8**(28-30 min) | **Stage 9**(30-32 min) | **Stage 10**(32-34 min) |
| **Bag No** **(Rack / Bag)** |  |  |  |  |  |  |  |  |  |  |
| Power Output (watts) | 40 | 65 | 90 | 115 | 140 | 165 | 190 | 240 | 290 | 340 |
| Applied Mass (kg) | 1 | 1.1 | 1.1 | 1.5 | 1.8 | 2.1 | 2.4 | 3.1 | 3.7 | 4.3 |
| RPM | 40 | 60 | 80 | 80 | 80 | 80 | 80 | 80 | 80 | 80 |
| RPE (6-20) |  |  |  |  |  |  |  |  |  |  |
| Heart Rate (bpm) |  |  |  |  |  |  |  |  |  |  |
| Collection time (s) |  |  |  |  |  |  |  |  |  |  |
| FIO2 (%) |  |  |  |  |  |  |  |  |  |  |
| FICO2 (%) |  |  |  |  |  |  |  |  |  |  |
| Temperature (oC) |  |  |  |  |  |  |  |  |  |  |
| Humidity |  |  |  |  |  |  |  |  |  |  |
| Temp Expired Air (oC) |  |  |  |  |  |  |  |  |  |  |
| Flow Rate (CCx100·min-1) |  |  |  |  |  |  |  |  |  |  |
| Bag analysis time (seconds) |  |  |  |  |  |  |  |  |  |  |
| Vol sample for analysis (L) |  |  |  |  |  |  |  |  |  |  |
| Vol in Douglas Bag (L) |  |  |  |  |  |  |  |  |  |  |
| FEO2 (%) |  |  |  |  |  |  |  |  |  |  |
| FECO2 (%) |  |  |  |  |  |  |  |  |  |  |
| Notes:Average RPM last bag:Amount of time in next stage (if applicable): Applied mass (kg) of next stage |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Stage 11**(34–36 min) | **Stage 12** (36–38 min) | **Stage 13**(38–40 min) | **Stage 14** (40–42 min) | **Last bag 1**Start: End: | **Last bag 2**Start: End: |  |  |
| **Bag No** **(Rack / Bag)** |  |  |  |  |  |  |  |  |
| Power Output (watts) | 390 | 440 | 490 | 540 |  |  |  |  |
| Applied Mass (kg) | 5.0 | 5.6 | 6.2 | 6.9 |  |  |  |  |
| RPM | 80 | 80 | 80 | 80 | 80 | 80 |  |  |
| RPE (6-20) |  |  |  |  |  |  |  |  |
| Heart Rate (bpm) |  |  |  |  |  |  |  |  |
| Collection time (s) |  |  |  |  |  |  |  |  |
| FIO2 (%) |  |  |  |  |  |  |  |  |
| FICO2 (%) |  |  |  |  |  |  |  |  |
| Temperature (oC) |  |  |  |  |  |  |  |  |
| Humidity |  |  |  |  |  |  |  |  |
| Temp Expired Air (oC) |  |  |  |  |  |  |  |  |
| Flow Rate (CCx100·min-1) |  |  |  |  |  |  |  |  |
| Bag analysis time (seconds) |  |  |  |  |  |  |  |  |
| Vol sample for analysis (L) |  |  |  |  |  |  |  |  |
| Vol in Douglas Bag (L) |  |  |  |  |  |  |  |  |
| FEO2 (%) |  |  |  |  |  |  |  |  |
| FECO2 (%) |  |  |  |  |  |  |  |  |
| Notes:Average RPM last bag:Amount of time in next stage (if applicable): Applied mass (kg) of next stage:  |