

VT1 AND VT2 FORMS

Date: _____

Submaximal Talk Test for VT1

Pre-exercise HR: _____ bpm Pre-exercise BP (if necessary): _____ / _____ mmHg

Stage 1:

HR: _____ bpm Client assessment of discomfort _____

Stage 2:

HR: _____ bpm Client assessment of discomfort _____

Stage 3:

HR: _____ bpm Client assessment of discomfort _____

VT1 HR: _____ bpm

VT2 Threshold Assessment

Minute 16 HR: _____ bpm

Minute 17 HR: _____ bpm

Minute 18 HR: _____ bpm

Minute 19 HR: _____ bpm

Minute 20 HR: _____ bpm

VT2 estimate: _____ bpm (Average HR x 0.95)