



North Shore-Long Island Jewish Health System

Department of Medicine  
Center for Weight Management

### Functional Capacity Treadmill Test

**Patient Name:** \_\_\_\_\_ **Age:** \_\_\_\_ **Date:** \_\_/\_\_/\_\_\_\_  
**DOB** \_\_/\_\_/\_\_\_\_ **Pre - HR** \_\_\_\_\_ **Pre - BP** \_\_/\_\_\_\_ **Pre - SaO2%** \_\_\_\_\_  
**Max HR** \_\_\_\_\_ **Target 65%** \_\_\_\_\_ **Target 75%** \_\_\_\_\_

Stage	Speed	Incline	Pred VO2	METS	Heart Rate	Oximetry	RPE (1-10)
1	1.0	0%	6.2	1.8	/	/	
2	1.5	0%	7.5	2.1	/	/	
3	1.8	0%	8.3	2.4	/	/	
4	2.0	0%	8.9	2.5	/	/	
5	2.0	1%	9.8	2.8	/	/	
6	2.2	1%	10.5	3.0	/	/	
7	2.4	1%	11.1	3.2	/	/	
8	2.4	2%	12.2	3.5	/	/	
9	2.6	2%	13.0	3.7	/	/	
10	2.8	2%	13.7	3.9	/	/	
11	2.8	3%	15.1	4.3	/	/	
12	3.0	3%	15.9	4.5	/	/	
13	3.2	3%	16.7	4.8	/	/	
14	3.4	3%	17.5	5.0	/	/	
15	3.4	4%	19.2	5.5	/	/	
16	3.6	4%	20.1	5.7	/	/	
17	3.8	4%	21.0	6.0	/	/	
18	4.0	4%	21.9	6.3	/	/	
19	4.0	5%	23.9	6.8	/	/	
20	4.2	5%	24.9	7.1	/	/	

**Weber Classification:** Weber KT, Janicki JS, Exercise testing for evaluation of chronic cardiac failure

Am J Cardiol 55(Suppl A) 122A-31A, 1985

	<b>Functional Capacity</b>	<b>Recovery</b>
<b>Class A</b>	>20 ml/kg/m <b>MHT</b> - Medium/High exercise tolerance	1" _____
<b>Class B</b>	16.0 -19.9 ml/kg/m <b>MT</b> - Medium exercise tolerance	2" _____
<b>Class C</b>	10.0 -15.9 ml/kg/m <b>LMT</b> - Low/Medium exercise tolerance	3" _____
<b>Class D</b>	6.3 - 9.9 ml/kg/m <b>LT</b> - Low exercise tolerance	_____
<b>Class E</b>	<6.3 ml/kg/m <b>VLT</b> - Very Low exercise tolerance	_____

Comments: \_\_\_\_\_

Barry M. Stein, DPE, Clinical Exercise Physiologist

Date \_\_/\_\_/\_\_\_\_