

APPENDIX- III

PROTOCOL

PHYSICAL FITNESS TEST

Date . Body Height
Subject Name . Body Weight
Subject code . Body Temperature
Age . Blood Pressure
Last meal time . Time of Observation

Height of stool ergometer . 24 cm

Duration of stepping . 5 min

Time (Min)	Resting Heart Rate	RPE	Working heart Rate	RPE	Recovery heart rate	RPE	Fitness Score
1.							
2							
3							
4							
5							

* RPE i.e Rate of perceived exertion

RPE	Physiological workload	Physical fitness index	
1.	Very light	< 80	Poor
2.	Light	81-100	Low Average
3.	Moderately heavy	101-115	High average
4.	Heavy	116-135	Good
5	Very Heavy	136-150	Very good
		> 150	Excellent