

Sub Max Test Score Card[©]

AVERAGE OF THE 9 STATIONS TO SET YOUR MAXIMUM HEART RATE

| TEST | Estimated Maximum Heart Rate |
|--------------------------|------------------------------|
| 3-Minute Step Test | BPM |
| 1-Minute Chair Test | BPM |
| 5-Minute Walk Test | BPM |
| Ease-Moderate-Hard Test | BPM |
| 2- Minute - 10 Beat Test | BPM |
| Talk Test | BPM |
| Two - By - Five Test | BPM |
| Beep Test | BPM |
| Big Number Sub Max Test | BPM |
| AVERAGE: | |

Name: _____ Date: _____



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