

Week:

EPOC Clinical Data Record

EPOC Participant number: _____ Date Collected: _____ Time: _____

1. Weight:	Input value kg	Scale: new	
2. Height:	2a cm	2b cm	Input value
3. Waist Circumference:	3a cm	3b cm	Input value
4. Hip Circumference:	4a cm	4b cm	Input value
5. Waist to hip ratio:	Input value 		

5. Contraindications to BIA: N / Y Pacemaker / Electronic Implant :

6a. Hours since last ate:	6b. Hours since last had caffeine:
6c. Hours since last drank alcohol:	6d. Strenuous exercise in last 12hrs:

7. Gender: M **8. Age:** _____

9. BIA Results

1st

TBW	L	%
ECF	L	%
ICF	L	%
FFM	kg	%
FM	kg	%
BMI		

3rd

TBW	L	%
ECF	L	%
ICF	L	%
FFM	kg	%
FM	kg	%
BMI		

2nd

TBW	L	%
ECF	L	%
ICF	L	%
FFM	kg	%
FM	kg	%
BMI		

Average (input values)

TBW	L	%
ECF	L	%
ICF	L	%
FFM	kg	%
FM	kg	%
BMI		

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10. Modified Shuttle Walk Test *(perform before strength tests)*

a. VO ₂ Peak (ml.min.kg)	ml.min.kg	Weight entered in metamax:
b. VO ₂ Peak (L.min)	L.min	
c. HR Resting (bpm)	bpm	
d. HR Max (bpm)	bpm	
e. RPE resting (6-20)	(6-20)	
f. RPE Max (6-20)	(6-20)	
d. Shuttle level		Distance in metres:

11. One Repetition Maximum

	Bench Press	Leg Press
Max weight lifted (kg)	(Not including bar)	Seat position (no. of holes exposed):

12. Questionnaires:

Collected

SPSS

- Demographic Questionnaire (wk 0 only)
- Food Frequency Questionnaire
- Gastro-oesophageal Reflux Disease Impact Scale
- IPAQ Long PA Questionnaire

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Entered into SPSS: Weight/height/waist ☐ BIA ☐ MSWT ☐ 1RM ☐

Name:

Date: