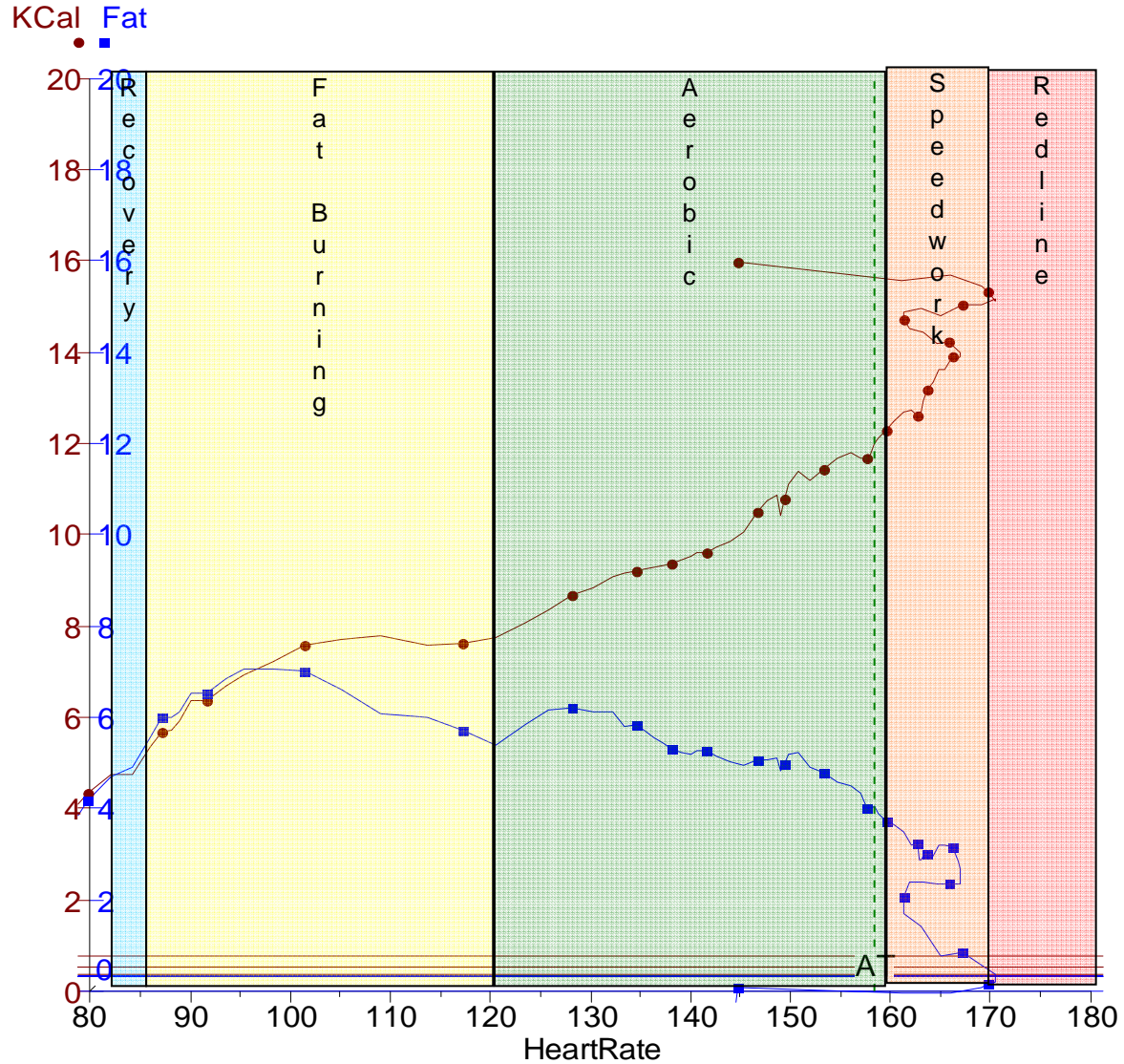


# Clearwater Chiropractic & Massage

## VO2 Test Results

### Fat Calories vs Heart Rate



**Heart Rate Ranges**  
 Rec - < 85  
 Fat - 86 to 120  
 Aer - 121 to 160  
 Spe - 161 to 170  
 Red - > 171

**Testing Information**  
 Patient:  
 Test Date: 9/28/07  
 Testor: JR Malpass

**Legend**  
 AT - Anaerobic Threshold  
 Kcal (Kcal/min)  
 Fat (Kcal/min)  
 HeartRate (Beats per minute)