

NAME _____
PE SECTION _____

Cardiovascular Assessment

5K

	P.A.C.E.R.	P.A.C.E.R.
	SEPTEMBER	NOVEMBER
SCORE		
VO-2		
HR/BPM		
HR ZONE		
BORG'S SCALE		
	ONE MILE TEST	ONE MILE TEST
TIME		
HR/BPM		
HR ZONE		
BORG'S SCALE		
HR ZONE		
	5K-PREDICTION	5K-ACTUAL
TIME		
HR/BPM		
HR ZONE		
BORG'S SCALE		