



Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

Measure and record the following information about the participant.

- Age (years)
- Height (centimeters)
- Weight (kilograms)
- Body Mass Index (BMI) in kilograms per meter² - BMI = (weight in lbs X 703)/(height in inches)² or (weight in kilograms)/(height in meters)²
- Resting heart rate (HR) - measured HR from person's wrist pulse after 5 minutes of rest in the supine position

Administer the questions from the five-category physical activity scale, found in Step 1 of the worksheet of Jurca et al. (2005). Add age, height, weight, and so forth to the equation in Step 2 of the worksheet to calculate the estimated MET value.

Jurca, R., Jackson, A. S., LaMonte, M. J., Morrow, J. R., Blair, S. N., Wareham, N. J., Haskell, W. L., van Mechelen, W., Church, T. S., Jakicic, J. M., & Laukkanen, R. (2005). Assessing cardiorespiratory fitness without performing exercise testing. *American Journal of Preventive Medicine*, 29(3), 185-193.

Protocol source: <https://www.phenxtoolkit.org/protocols/view/151401>