MY sport GmbH

Leistungsdiagnostik / Bikefitting / Coaching
Albisriederstrasse 253
8047 Zürich

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MY sport Performance Test

Remarks and checklist for preparing for performance diagnostics. IMPORTANT – **Come to the test prepared for a competition (rested, awake and with full carbohydrate stores)**

Please read and follow the underlined instructions so that we can obtain an evaluable test.

For a successful test, there are a few things to consider and adhere to in advance.

Please bring the completed sheet with you on the day of the test.

You should be able to answer all **PAR-Q** questions with **NO** and all other questions with **YES**, otherwise the test will not provide any usable results

Name: _____ Date of Test: _____

Par- Q (Physical Activity Readiness Test Questionnaire)	**Yes**	**No**
Has a doctor ever told you that you have 'something wrong with your heart' and only recommended exercise and sport under medical supervision?	☐	☐
Do you have chest pain during exercise?	☐	☐
Have you had chest pain in the last month?	☐	☐
Have you lost consciousness one or more times or fallen once or more times due to dizziness?	☐	☐
Do you have a bone or joint problem that could worsen with physical activity?	☐	☐
Have you ever been prescribed medication by a doctor for high blood pressure or a heart problem?	☐	☐
Based on personal experience or medical advice, do you know of any other reason that could prevent you from exercising without medical supervision?	☐	☐

In the run-up to your performance diagnostics

The last competition was completed **4 or more days ago**	☐	☐
The last high-intensity workout was completed **2 or more days ago**	☐	☐
Day of rest before day of test	☐	☐
Ate high-carbohydrate foods **on day before test**	☐	☐
No illness **in the past 7 days**	☐	☐

On the test day

You are **rested** and have **not exerted yourself physically** today	☐	☐
You have **drunk enough water**	☐	☐
You **ate well like on a competition day** (enough carbohydrates)	☐	☐

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Please bring:

Your bike for all bike diagnostics

Indoor sportswear (bike/running)

Towel

Liquid carbohydrates in the form of gels or drinks

Plusmeter (we can calibrate the diagnostics to your device)

Wattmeter (we can calibrate the diagnostics on your device)

if available, older performance tests for the consultation in the second step.

Please notify us 48 hours in advance if you wish to cancel or postpone your appointment, after this time the costs will be charged to the customer, unused appointments will be charged at 100%.

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Disclaimer
The performance diagnostics assume that the athlete is fit for sport and that there are no medical reasons against a corresponding sports load with spirometric measurement and/or blood sampling. If there are any doubts in this regard, it is the sole responsibility of the athlete to carry out the relevant clarifications in advance. The athlete agrees that his/her spirometric respiratory gases may be measured during the diagnostics and/or that blood may be taken from him/her for blood lactate determination. MY sport rejects any liability in connection with the performance (in particular also for damage to sports equipment) or the evaluation of the diagnostics.

By signing this form, the athlete confirms that the information provided is correct and that he/she has read and agrees to the disclaimer.

Signature: _____ Date: _____