

Subject	Gender	Fitness Level (Low, Medium, High)	Resting Heart Rate	3 Minute Exercising	5 Minute Exercising	1 Minute Recovery	Maximum Heart Rate	Overall Fitness (Calculate)
1	F	H	88	156	156	108	156-108	48F
2	F	M	88	164	164	148		
3	F	L	80	152	168	132		
4	M	H	51	114	187	112		
5	F	M	75	180	184	120		
6	F	L	62	180	186	140		
7	F	H	88	148	168	84		
8	F	M	64	140	156	60		
9	F	L	108	160	168	148		
10	F	H	76	100	107 112	76		
11	M	M	72	108	107	84		
12	F	L	80	106	120	84		
13	M	H	64	132	128	88		
14	F	M	84	160	205	124		
15	F	L	64	172	164	132		