Ahmed, et al.

**SUPPLEMENTAL DIGITAL CONTENT**

eTable 1. Mean Maximum Predicted Heart Rate and Root Mean Square Error of Sex-Specific and Traditional Formulas Compared to True Peak Heart Rate in the FIT Project

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| --- | --- | --- |
|  | **Sex-Specific Formulas** | **Traditional Formula** |
|  | Combined(N=31,090) | Women(N=15,312) | Men(N=15,778) | (N=31,090) |
| Mean MPHR | 154 | 153 | 155 | 165 |
| Standard Deviation of MPHR | 9 | 8 | 9 | 10 |
| RMSE of MPHR Compared to Peak Heart Rate | 7.1 | 6.7 | 7.3 | 8.3 |

MPHR = maximum predicted heart rate, RMSE = root mean square error