

Six Minute Walk

Subject ID

Coordinator's initials

(aaa)

Has the Safety Assessment form been completed for this subject?

- Yes
 No

If No, then STOP. Do not complete this form until this has been done.

Instructions

At the end of each minute, give the subject the time elapsed, the time left, and the encouragement below.

MinuteEncouragement

- 1 Do your best.
- 2 Try your hardest.
- 3 Keep going.
- 4 Give it your all.
- 5 Walk faster if you can.

Example: at the end of minute 4, say, "Four minutes. You have 2 minutes to go. Give it your all."

Did the subject attempt the 6-minute walk?

- Yes
 No, safety concern noted on Safety form
 No, non-ambulatory
 No, subject refused, no safety concern

If Yes, complete the rest of the form. If No, stop.

Oxygen, Distance Walked, and Course

Supplemental O2 during walk

(L/min, if none used, enter 0)

Distance Walked

(ft, Enter distance in feet.)

Course layout

- Straight
 Circular

SaO2 and Heart Rate: immediately after walk

SaO2, immediately after walk

(MAX=100%)

Heart Rate, immediately after walk

(bpm)**SaO2 and Heart Rate: 1 minute post-walk**

SaO2, 1-min post-walk

Heart Rate, 1-minute post-walk

(bpm)**Symptoms of Limitation during the Walk**

Was the subject's walking limited?

- Yes
 No

If Yes, mark all that apply.

- Back pain
 Joint pain
 Leg discomfort or fatigue
 Shortness of breath