

Six Minute Walk

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.

Use these Encouragement Phrases

Minute 1 -- "Do your best. You have five minutes to go."

Minute 2 -- "Keep up the good work. You have four minutes to go."

Minute 3 -- "You are doing well. You have three minutes to go."

Minute 4 -- "Give it your all. You have two minutes to go."

Minute 5 -- "Walk faster if you can. You only have one minute to go."

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

Did the subject attempt the 6-minute walk?

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

- Yes
 No, safety concern noted on Safety form
 No, non-ambulatory
 No, subject refused, no safety concern
 No, subject refused due to post-COVID masking
 No, institutional policy post-COVID

What type of mask was worn during the six-minute walk?

- No mask
 cloth
 surgical
 N-95

Oxygen, Distance Walked, and Course

Supplemental O2 during walk

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

Distance Walked in 6 minutes

(ft, Enter distance in feet.)

Time to walk 15 feet:

(mm:ss)

Course layout

- Straight
 Circular

SaO2 and Heart Rate: immediately after walk

SaO2, immediately after walk

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
- General fatigue or tiredness
- Other (specify) _____