

6 minute walk test tracker

Lap counter:.....

Patient name: Patient ID#.....

Walk # Tech ID:..... Date:.....

Gender: M F Age:..... Race:..... Height: ft in,..... meters

Weight: lbs, kg Blood pressure:..... /

Medications taken before the test (dose and time):

Supplemental oxygen during the test: No Yes, flow L/min, type

Baseline End of Test

Time: : :

Heart Rate

Dyspnea..... (Borg scale)

Fatigue..... (Borg scale)

SpO₂ % %

Stopped or paused before 6 minutes? No/Yes, reason:

Other symptoms at end of exercise: angina dizziness hip, leg, or calf pain

Number of laps: (60 meters) final partial lap: meters

Total distance walked in 6 minutes: meters

Predicted distance: meters Percent predicted:..... %

Tech comments:

Interpretation (including comparison with a preintervention 6MWD):