## **Six Minute Walk Test Recording Sheet**

|                                      |                  |              |              |       |                                      | _                          | ,           |              |       |  |  |
|--------------------------------------|------------------|--------------|--------------|-------|--------------------------------------|----------------------------|-------------|--------------|-------|--|--|
| Name:                                |                  |              |              |       |                                      |                            |             |              |       |  |  |
| Date:                                |                  |              |              |       |                                      |                            |             |              |       |  |  |
| Age:                                 |                  |              |              |       | Predicted                            | Predicted HRmax (220-age): |             |              |       |  |  |
| Medicatio                            | ons:             |              |              |       |                                      |                            |             |              |       |  |  |
| FEV <sub>1</sub> :                   |                  |              |              |       | FVC:                                 |                            |             |              |       |  |  |
| Initial As                           | sessm            | nent         |              |       |                                      |                            |             |              |       |  |  |
| Walk 1<br>Date:<br>Time:<br>Bronchoo | dilator/t        | ime sin      | ice last dos | se:   | Walk 2<br>Date:<br>Time:<br>Bronchoo | dilator/t                  | ime sin     | ce last dose | ):    |  |  |
| BP                                   | Supple<br>Oxyge  | emental<br>n | Gait Aid     |       | ВР                                   | Supple<br>Oxyge            | mental<br>n | Gait Aid     |       |  |  |
| Time<br>mins                         | SpO <sub>2</sub> | HR           | Dyspnoea     | Rests | Time<br>mins                         | SpO <sub>2</sub>           | HR          | Dyspnoea     | Rests |  |  |
| Rest                                 |                  |              |              |       | Rest                                 |                            |             |              |       |  |  |
| 1                                    |                  |              |              |       | 1                                    |                            |             |              |       |  |  |
| 2                                    |                  |              |              |       | 2                                    |                            |             |              |       |  |  |
| 3                                    |                  |              |              |       | 3                                    |                            |             |              |       |  |  |
| 4                                    |                  |              |              |       | 4                                    |                            |             |              |       |  |  |
| 5                                    |                  |              |              |       | 5                                    |                            |             |              |       |  |  |
| 6                                    |                  |              |              |       | 6                                    |                            |             |              |       |  |  |
| Recovery<br>1                        |                  |              |              |       | Recovery 1                           |                            |             |              |       |  |  |
| 2                                    |                  |              |              |       | 2                                    |                            |             |              |       |  |  |
| Distance                             |                  |              |              |       | Distance                             | :                          |             |              |       |  |  |
| Limiting f SOB   Leg fatigu          |                  | Low Sp       |              |       | Limiting f<br>SOB □                  |                            | Low Sp      |              |       |  |  |

## Clinical note for using the recording sheet:

You do not need to record  $SpO_2\%$ , heart rate and dyspnoea every minute but there is space on the table above if you wish to.

| Final Ass                                   | sessm            | ent         |              |          |      |  |  |
|---------------------------------------------|------------------|-------------|--------------|----------|------|--|--|
| FEV <sub>1</sub> :                          |                  |             |              |          | FVC: |  |  |
| <b>Walk 1</b><br>Date:<br>Time:<br>Bronchod | dilator/ti       | ime sir     | nce last dos | se:      |      |  |  |
| BP                                          | Supple<br>Oxyge  | mental<br>1 | Gait Aid     | Gait Aid |      |  |  |
|                                             |                  |             |              |          |      |  |  |
| Time<br>mins                                | SpO <sub>2</sub> | HR          | Dyspnoea     | Rests    |      |  |  |
| Rest                                        |                  |             |              |          |      |  |  |
| 1                                           |                  |             |              |          |      |  |  |
| 2                                           |                  |             |              |          |      |  |  |
| 3                                           |                  |             |              |          |      |  |  |
| 4                                           |                  |             |              |          |      |  |  |
| 5                                           |                  |             |              |          |      |  |  |
| 6                                           |                  |             |              |          |      |  |  |
| Recovery<br>1                               |                  |             |              |          |      |  |  |
| 2                                           |                  |             |              |          |      |  |  |
| Distance:                                   |                  |             |              |          |      |  |  |
| Limiting fa<br>SOB □<br>Leg fatigu          |                  |             | SpO₂ □       |          |      |  |  |