

Six Minute Walk Test (6MWT)



Mobility Aid

Supplemental Oxygen

Time (min.)	Distance (m)	HR	BP	SpO2	RPE (0-10)	Comment
Rest						
1						
2						
3						
4						
5						
6						
Recovery						
Recovery						

Total distance:	Symptom recovery:
	Limiting factor:

Was test terminated?	No	Yes	(when?) _____
6MWT Termination Criteria:			
<input type="checkbox"/> Chest pain or angina-like symptoms <input type="checkbox"/> Heart rate > Predicted HR max <input type="checkbox"/> Evolving mental confusion, light-headedness or incoordination <input type="checkbox"/> Physical or verbal severe fatigue <input type="checkbox"/> Intolerable dyspnoea, unrelieved by rest <input type="checkbox"/> Persistent SpO2 <85% <input type="checkbox"/> Abnormal gait pattern (leg cramps, staggering, ataxia) <input type="checkbox"/> Other			

Patient:

Record Number:

Date: