



Exam 6

Six Minute Walk Test

Participant ID #:
Acrostic:
Technician ID:
Date: / /
Month Day Year
Borg questions: ☐ Self-administered
☐ Interviewer-administered Interviewer ID:

1. **EXCLUDE if:** (select all that apply)

- ☐ Use of wheelchair, crutches or walker
- ☐ Inability to walk because of musculoskeletal problems
- ☐ Heart rate of less than 50 or more than 110 beats per minute at rest
- ☐ Systolic blood pressure of >180 OR diastolic blood pressure of >110 SBP DBP
- ☐ Chest pain within the past four weeks
- ☐ New or worsening symptoms of chest pain, shortening of breath, or fainting in the past 8 weeks

☐ **None of the above (include)**

2. Supplemental oxygen during the test?

☐ Yes → L/min Type:
☐ No

3. Baseline heart rate

4. Baseline SpO₂ %



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5. Pre-test Borg Dyspnea Fatigue Scale

請填塗您認為您呼吸短促和疲勞程度的圓圈並用以下等級：

程度	呼吸短促	疲勞
一點沒有	<input type="radio"/> 0	<input type="radio"/> 0
非常，非常輕微（剛注意到）	<input type="radio"/> 0.5	<input type="radio"/> 0.5
非常輕微	<input type="radio"/> 1	<input type="radio"/> 1
輕微（輕度）	<input type="radio"/> 2	<input type="radio"/> 2
中度	<input type="radio"/> 3	<input type="radio"/> 3
有一點重	<input type="radio"/> 4	<input type="radio"/> 4
嚴重（重度）	<input type="radio"/> 5	<input type="radio"/> 5
	<input type="radio"/> 6	<input type="radio"/> 6
非常嚴重	<input type="radio"/> 7	<input type="radio"/> 7
	<input type="radio"/> 8	<input type="radio"/> 8
	<input type="radio"/> 9	<input type="radio"/> 9
非常，非常嚴重（極限）	<input type="radio"/> 10	<input type="radio"/> 10



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6. Start time

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 (military time)
Hr Min Sec

7. End time

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 (military time)
Hr Min Sec

8. Stopped or paused before 6 minutes?

☐ Yes



Reason:

☐ No

9. a) Number of complete laps (a):

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 (x 40 meters)

b) Number of additional markers (b):

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 (1 marker = 2 meters)

Total distance walked in 6 minutes:

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 meters

10. Post-walk heart rate

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11. Post-walk SpO₂

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 %



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12. Post-test Borg Dyspnea Fatigue Scale

請填塗您認為您呼吸短促和疲勞程度的圓圈並用以下等級：

程度	呼吸短促	疲勞
一點沒有	<input type="radio"/> 0	<input type="radio"/> 0
非常，非常輕微（剛注意到）	<input type="radio"/> 0.5	<input type="radio"/> 0.5
非常輕微	<input type="radio"/> 1	<input type="radio"/> 1
輕微（輕度）	<input type="radio"/> 2	<input type="radio"/> 2
中度	<input type="radio"/> 3	<input type="radio"/> 3
有一點重	<input type="radio"/> 4	<input type="radio"/> 4
嚴重（重度）	<input type="radio"/> 5	<input type="radio"/> 5
	<input type="radio"/> 6	<input type="radio"/> 6
非常嚴重	<input type="radio"/> 7	<input type="radio"/> 7
	<input type="radio"/> 8	<input type="radio"/> 8
	<input type="radio"/> 9	<input type="radio"/> 9
非常，非常嚴重（極限）	<input type="radio"/> 10	<input type="radio"/> 10



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13. Other symptoms at the end of exercise:

- ☐ chest pain
- ☐ calf pain
- ☐ dizziness
- ☐ leg pain
- ☐ hip pain
- ☐ other:

14. Results:

- ☐ Complete
- ☐ Incomplete
- ☐ Not Done

Reason incomplete or not done

- ☐ Equipment malfunction
- ☐ Participant physically unable to continue
- ☐ Participant refused
- ☐ Other: