





**Exam 6**  
**Six Minute**  
**Walk Test**

**5. Pre-test Borg Dyspnea Fatigue Scale**

Please fill in the circle that you believe is your level of shortness of breath and fatigue using this scale:

<b>Grade</b>	<b>Shortness of breath</b>	<b>Fatigue</b>
Nothing at all	<input type="radio"/> 0	<input type="radio"/> 0
Very, very slight (just noticeable)	<input type="radio"/> 0.5	<input type="radio"/> 0.5
Very slight	<input type="radio"/> 1	<input type="radio"/> 1
Slight (light)	<input type="radio"/> 2	<input type="radio"/> 2
Moderate	<input type="radio"/> 3	<input type="radio"/> 3
Somewhat severe	<input type="radio"/> 4	<input type="radio"/> 4
Severe (heavy)	<input type="radio"/> 5	<input type="radio"/> 5
	<input type="radio"/> 6	<input type="radio"/> 6
Very severe	<input type="radio"/> 7	<input type="radio"/> 7
	<input type="radio"/> 8	<input type="radio"/> 8
	<input type="radio"/> 9	<input type="radio"/> 9
Very, very severe (maximal)	<input type="radio"/> 10	<input type="radio"/> 10



# Exam 6

## Six Minute Walk Test

6. Start time   :   :   (military time)  
Hr Min Sec

7. End time   :   :   (military time)  
Hr Min Sec

8. Stopped or paused before 6 minutes?

Yes → Reason:

No

9. a) Number of complete laps (a):   (x 40 meters)

b) Number of additional markers (b):   (1 marker = 2 meters)

Total distance walked in 6 minutes:  meters

10. Post-walk heart rate

11. Post-walk SpO<sub>2</sub>    %



**Exam 6**  
**Six Minute**  
**Walk Test**

**12. Post-test Borg Dyspnea Fatigue Scale**

Please fill in the circle that you believe is your level of shortness of breath and fatigue using this scale:

<b>Grade</b>	<b>Shortness of breath</b>	<b>Fatigue</b>
Nothing at all	<input type="radio"/> 0	<input type="radio"/> 0
Very, very slight (just noticeable)	<input type="radio"/> 0.5	<input type="radio"/> 0.5
Very slight	<input type="radio"/> 1	<input type="radio"/> 1
Slight (light)	<input type="radio"/> 2	<input type="radio"/> 2
Moderate	<input type="radio"/> 3	<input type="radio"/> 3
Somewhat severe	<input type="radio"/> 4	<input type="radio"/> 4
Severe (heavy)	<input type="radio"/> 5	<input type="radio"/> 5
	<input type="radio"/> 6	<input type="radio"/> 6
Very severe	<input type="radio"/> 7	<input type="radio"/> 7
	<input type="radio"/> 8	<input type="radio"/> 8
	<input type="radio"/> 9	<input type="radio"/> 9
Very, very severe (maximal)	<input type="radio"/> 10	<input type="radio"/> 10



## Exam 6

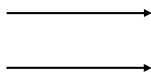
### Six Minute Walk Test

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: