

6MWT Worksheet

The following elements should be present on the 6MWT worksheet and report:

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):