

# 6 Minute Walk Test Recording Sheet



**Lung Foundation Australia**  
when you can't breathe... nothing else matters®

Name: \_\_\_\_\_  
 Date: \_\_\_\_\_  
 Age: \_\_\_\_\_ Predicted HRmax (220-age): \_\_\_\_\_  
 Medications: \_\_\_\_\_  
 FEV<sub>1</sub>: \_\_\_\_\_ FVC: \_\_\_\_\_

## Initial Assessment

### WALK 1

Date: \_\_\_\_\_  
 Time: \_\_\_\_\_  
 Bronchodilator/time since last dose: \_\_\_\_\_

BP	Supplemental Oxygen	Gait Aid
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Time mins	SpO <sub>2</sub>	HR	Dyspnoea	Rests
Rest				
1				
2				
3				
4				
5				
6				
Recovery 1				
Recovery 2				

Distance: \_\_\_\_\_

#### Limiting factor to the test:

SOB  Low SpO<sub>2</sub>   
 Leg fatigue  Other: \_\_\_\_\_

### WALK 2

Date: \_\_\_\_\_  
 Time: \_\_\_\_\_  
 Bronchodilator/time since last dose: \_\_\_\_\_

BP	Supplemental Oxygen	Gait Aid
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Time mins	SpO <sub>2</sub>	HR	Dyspnoea	Rests
Rest				
1				
2				
3				
4				
5				
6				
Recovery 1				
Recovery 2				

Distance: \_\_\_\_\_

#### Limiting factor to the test:

SOB  Low SpO<sub>2</sub>   
 Leg fatigue  Other: \_\_\_\_\_



## Clinical note for using the recording sheet:

You should record SpO<sub>2</sub>% and heart rate every minute. You do not need to record dyspnoea every minute but there is space on the table above if you wish to.

## Final Assessment

FEV<sub>1</sub>: \_\_\_\_\_

FVC: \_\_\_\_\_

### WALK 1

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Bronchodilator/time since last dose: \_\_\_\_\_

BP	Supplemental Oxygen	Gait Aid
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Time mins	SpO <sub>2</sub>	HR	Dyspnoea	Rests
Rest				
1				
2				
3				
4				
5				
6				
Recovery 1				
Recovery 2				

Distance: \_\_\_\_\_

#### Limiting factor to the test:

SOB

Low SpO<sub>2</sub>

Leg fatigue

Other: \_\_\_\_\_

