

## Six Minute Walk Test Score Sheet

### Verbal instruction:

“For this test, do the best you can by going as fast as you can, but don’t push yourself to a point of overexertion or beyond what you think is safe for you.

1. Start with both feet on the start line.
2. On start, walk as quickly but as safely as possible around the course / up and down the hallway.
3. Continue the course / walkway to cover as much ground as possible over 6 minutes.
4. Walk continuously if possible, but do not be concerned if you need to slow down or stop to rest. The goal is to feel at the end of the test that no more ground could have been covered in the 6 minutes.
5. You can sit down to rest if you require”.
6. Get ready and START”.

Date	Walking aid	Step height (cm)	Distance (metres)	Adaptations
1. / /				<input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused
2. / /				<input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused
3. / /				<input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused
4. / /				<input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused
5. / /				<input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused

### Normal values

Distances in healthy individuals aged 60-89 years <sup>(1)</sup>

Age	Males			Females		
	Mean (m)	SD (m)	95% CI	Mean (m)	SD (m)	95% CI
60-69yrs	572	92	521-623	538	92	497-579
70-79yrs	527	85	478-575	471	75	440-507
80-89yrs	417	73	356-478	392	85	345-440

Risk zone of falls: less than 320 m <sup>(2)</sup>

6MWT distances were found to be associated with age and height in males and age, height and BMI in females. Regression equations to predict 6MWT in middle-aged and elderly adults are <sup>(3)</sup>:

Males: 6MWT (m) = 867 – (5.71 age, years) + (1.03 height, cm).

Females: 6MWT (m) = 525 – (2.86 age, years) + (2.71 height, cm) – (6.22 BMI).

1. Steffen TM, Hacker TA, Mollinger L. Age- and gender-related test performance in community-dwelling elderly people: Six-Minute Walk Test, Berg Balance Scale, Timed Up & Go Test, and gait speeds. *Phys Ther.* 2002;82(2):128-37.
2. Jones CJ, Rikli RE. Measuring functional fitness of older adults. *The Journal on Active Aging.* 2002;March-April:24-30.
3. Jenkins S, Cecins N, Camarri B, Williams C, Thompson P, Eastwood P. Regression equations to predict 6-minute walk distance in middle-aged and elderly adults. *Physiotherapy Theory and Practice.* 2009;25(7):516-22.