



# TWO MINUTE WALK FORM

ID NUMBER:

FORM CODE:  T  M  W

DATE: 06/15/2015  
Version 1.0

## ADMINISTRATIVE INFORMATION

0a. Completion Date:  /  /   
Month Day Year

0b. Staff ID:

## A. UNINTENTIONAL WEIGHT LOSS

**"I would like to ask you a few questions about weight loss."**

1. Over the past year, have you lost more than 10 pounds? .....   
Yes..... Y<sub>1</sub>  
No ..... N<sub>0</sub> **GO TO ITEM 4**  
Unknown..... U<sub>2</sub> **GO TO ITEM 4**

2. About how much lower is your weight now than a year ago? .....  lbs

3. Were you trying to lose weight? .....   
Yes..... Y<sub>1</sub>  
No ..... N<sub>0</sub>  
Unknown..... U<sub>2</sub>

## B. EXCLUSION CRITERIA

**Instructions:** Questions 4-7 are answered by the interviewer, not asked of the participant.

4. Is the participant able to complete the 4-meter walk without a walking aid? .....   
Yes..... Y<sub>1</sub>  
No ..... N<sub>0</sub> **END OF FORM**

5. Does the participant have a resting heart rate >120 bpm? .....   
Yes..... Y<sub>1</sub> **END OF FORM**  
No ..... N<sub>0</sub>

6. Does the participant have a systolic blood pressure >190 mmHg  
or diastolic pressure >110? .....   
Yes..... Y<sub>1</sub> **END OF FORM**  
No ..... N<sub>0</sub>

7. Does the participant currently have a cast or other immobilizing device on leg? .....   
Yes..... Y<sub>1</sub> **END OF FORM**  
No ..... N<sub>0</sub>

### C. TWO MINUTE WALK TEST

**Instructions:**

*Examiner should have participant sit in chair near the beginning of the walking course.*

*Introduce the task; say:*

**This is an activity that shows how physically fit you are by seeing how far you can walk in 2 minutes. I will ask you to walk as fast as you can until I ask you to stop. I know this is hard for some people so don't worry if you have to slow down or rest. If you do stop or slow down, start walking again as soon as you feel you are ready do so. Is there any reason you cannot do the walk? Does anything hurt or are you in pain? What I would like here is to have you walk as far as you can in this short period of time.**

*If participant does not feel he or she can do this task, note this on the record sheet and continue with another measure.*

**You and I will not talk while you are walking because this might make you walk more slowly. I will, however, let you know how much time you have to walk and when you are almost done.**

*While demonstrating first part of the task, say:*

**You will start with your feet behind this line. When I say 'Go,' you will walk back and forth around the cones as fast as you can without running or hurting yourself. You will begin after I say 'Ready, 3, 2, 1, Go!' As you pass the cone, do not stop or slow down. When I tell you to stop, stop where you are on the path until I come to you. If you stop before I say "Stop," I still need you to remain at that point if you are able.**

*Demonstrate task and say:*

**Watch me as I show you what you are going to do. You see that I am walking fast but not running and that I am not slowing or stopping when I pass the cone. When I say "stop", stop in place like this. (Stop where you are and stand still on the path.) Do you have any questions?**

*Answer questions as necessary.*

**Now, stand here with your toes at this line. Ready, 3, 2, 1, Go!**

*Examiner should begin timing and marking off number of cones on the tracking grid as they are completed; specifically, each time participant goes around a cone, mark off a number on the tracking grid (all turns around cone away from examiner should be odd numbers and all turns around cone nearest examiner should be even numbers).*

*At the same time, examiner should provide the following feedback:\* 1 minute:*

**You are doing well. You have 1 minute to go.**

*\*If participant is resting at one-minute reminder, encourage him/her to continue and change statement to:*

**You have only 1 minute left. Rest as long as you need; start walking again as soon as you feel able to do so.**

*When time reads 1:45, tell the participant:*

**In a moment, I'm going to ask you to stop. When I do, just stop right where you are and I will come to you.**

*When five seconds remain, examiner should count down:*

**5, 4, 3, 2, 1, stop.**

*Put a piece of tape on the floor to mark where participant stopped; **the tape should be placed behind the participant's heel.** Measure and record the distance from the last cone to the tape.*

TRACKING: Cross off a number each time participant rounds a cone.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

8. Number of turns (cones) completed: .....

9. Additional feet: .....

10. Did the participant stop? .....

Yes..... Y<sub>1</sub>  
No ..... No

11. Result of Two Minute Walk:

- Participant refused .....  GO TO ITEM 13
- Not attempted, unable.....  GO TO ITEM 13
- Not attempted due to pain in hips, back, legs or feet.....  GO TO ITEM 13
- Not attempted, other reason .....
- Attempted, unable to complete .....  GO TO ITEM 12
- Completed 2 minutes .....  GO TO ITEM 13

11a. If not attempted for other reason, specify:  
\_\_\_\_\_

12. How long did the participant walk? .....a.  mins    b.   secs

13. Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_