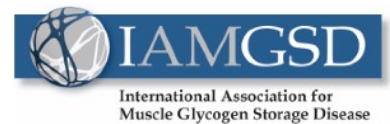


12-Minute Walk Test: Log Sheet



Participant: _____ Supervisor: _____

Date: _____ Maximum HR: _____ (50%: _____ to 75%: _____)

Minute	Heart rate	Pain scale 0-10	Speed kmph	Distance metres	Notes (optional)
Start					
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Results highlighting “second-wind”

	Pain scale	Heart rate	Walking speed kmph
At peak pain			
At 12 minutes			

If the participant does not clearly recognise “second-wind” repeat this test on future occasions until they do. Thereafter log training progress on subsequent visits (no need for supervision and logging during the test):

Date	12 minute distance

Date	12 minute distance

Date	12 minute distance