



TWO MINUTE WALK FORM

ID NUMBER:

FORM CODE: T M W

DATE: 11/17/2022
Version 2.0

Instructions: The TME form must be completed and saved before completing the TMW form.

ADMINISTRATIVE INFORMATION

0a. Completion Date: / /
Month Day Year

0b. Staff ID:

A. UNINTENTIONAL WEIGHT LOSS AND TWO MINUTE WALK ELIGIBILITY

“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..... 1
No 0 **GO TO ITEM 3a**
Unknown..... 2 **GO TO ITEM 3**

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

3. Were you trying to lose weight?
Yes..... 1
No 0
Unknown..... 2

Click 'Save and Reload' to populate current visit data.
Instructions: Question 3a is calculated based on the completed TME form. **Select the 'Save and Reload' button to populate question 3a.** If the value is “Yes”, then conduct the TMW. If the value is “No”, then do not conduct the TMW and go to Closing Script A. If the value is “Q”, then complete the TME form.

3a. Complete the TMW Eligibility Form. Is the participant eligible for the Two Minute Walk test according to the Two Minute Walk Eligibility (TME) form?.....
[Calculated Script]

CLOSING SCRIPT A (If participant does NOT meet all eligibility criteria)
Unfortunately, we will not be conducting the Two Minute Walk test. That completes this section, we will move on to the next portion of the exam.
[For Staff] Instructions: Save and close form.
(END OF FORM)

B. EXCLUSION CRITERIA

Instructions: Questions 4-7 from version 1 of the TMW form moved to the Two Minute Walk Eligibility (TME) form.

- 4. Moved to TME form
- 5. No Longer Used

- 6. No Longer Used
- 7. Moved to TME form

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..... 1
 No 0

11. Result of Two Minute Walk:

- Participant refused ₀ **GO TO ITEM 13**
- Not attempted, unable..... ₁ **GO TO ITEM 13**
- Not attempted due to pain in hips, back, legs or feet..... ₂ **GO TO ITEM 13**
- Not attempted, other reason ₃
- Attempted, unable to complete ₄ **GO TO ITEM 12**
- Completed 2 minutes ₅ **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: _____
