

30 second Walk Test (suggestions)

Equipment

- Rigid measuring tape (minimum 3 meters)
- Stopwatch
- A way to mark the increments (eg tape, sticky dot or permanent marker)

Walking course

- Establish a straight walking course/path of approximately 45 meters (Option 1)
- If a straight path of adequate length is not possible, establish an oval path by rounding the corner to eliminate an abrupt turn. (Option 2)
- Mark 3 meter (10 feet) increments along the path.

Instructions

- The measuring point is the front of the shoe (start and end point).
- Instruct the person to walk at a natural and comfortable speed, as if they were a leader.
- Tell the person to walk and not run, to begin when told and stop when instructed.
- Call stop when 30 seconds has elapsed.

Scoring

- Note the spot where person stopped (most advanced foot).
- Measure the distance walked with measuring tape using the marked increments to the nearest inch/centimeter.

Option 1

Option 2

