



Form 3.6

Score Sheet for 30-Foot (9 m) Walk

Name: _____ Date of test: _____

1. Walk at preferred speed

Time: _____ (in seconds)

Gait velocity: _____ (in feet or meters per second)

(Formula: $30 \text{ ft or } 9 \text{ m} / \text{time in seconds}$)

Cadence: _____ (steps per second)

(Formula: $\text{number of steps} / \text{time in seconds}$)

GSR: _____ (steps per foot or meter)

(Formula: $\text{ratio of cadence to velocity}$)

Stride length: _____ (in feet or meters per stride)

(Formula: $\text{divide number of steps by } 2 \text{ for the number of strides, then } 30 \text{ ft or } 9 \text{ m} / \text{number of strides}$)

2. Walk at maximum speed

Time: _____ (in seconds)

Gait velocity: _____ (in feet or meters per second)

(Formula: $30 \text{ ft or } 9 \text{ m} / \text{time in seconds}$)

Cadence: _____ (steps per second)

(Formula: $\text{number of steps} / \text{time in seconds}$)

GSR: _____ (steps per foot or meter)

(Formula: $\text{ratio of cadence to velocity}$)

Stride length: _____ (in feet or meters per stride)

(Formula: $\text{divide number of steps by } 2 \text{ for the number of strides, then } 30 \text{ ft or } 9 \text{ m} / \text{number of strides}$)

Gait adaptation: _____ (in feet or meters per second)

(Formula: $\text{subtract preferred velocity from maximum velocity}$)