



Mind & body perceived exertion chart

1

- ✓ Feeling good
- ✓ Relaxed
- ✓ Confident

2

- ✓ Warmed-up
- ✓ Pushing a little
- ✓ Breathing deeper
- ✓ Stretching more

3

- ✓ Straining
- ✓ Overexerting
- ✓ Out of breath
- ✓ Losing balance