

Perceived Exertion

Maximum Intensity

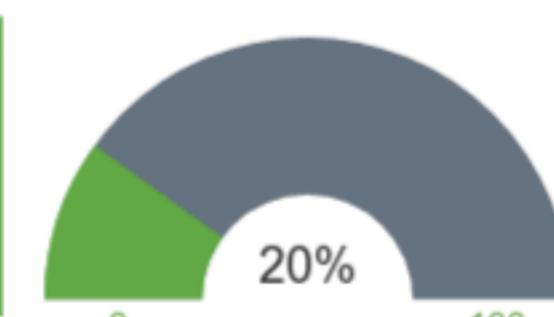
1 Okay to go!

"I feel great, and I'm breathing normally."



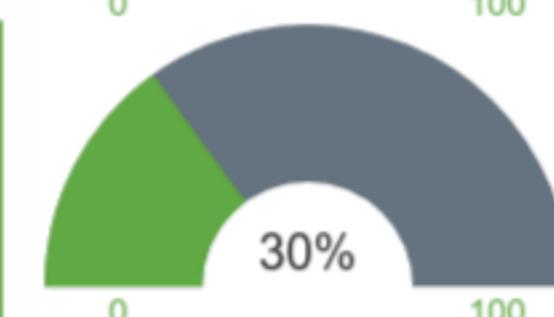
2 Very, very light intensity

"I feel terrific. I don't even feel like I'm exerting myself."



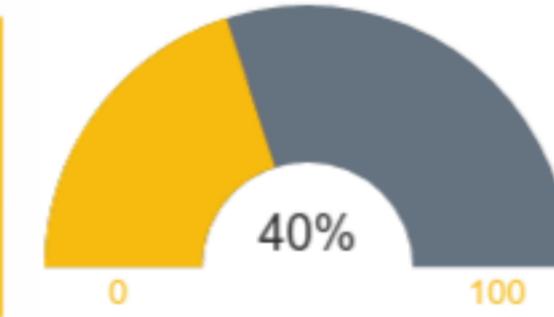
3 Very light intensity

"This is fun. I feel like I could go forever."



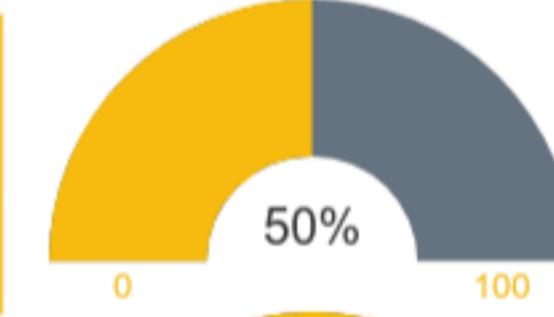
4 Light intensity

"I can tell I'm exercising. I feel good."



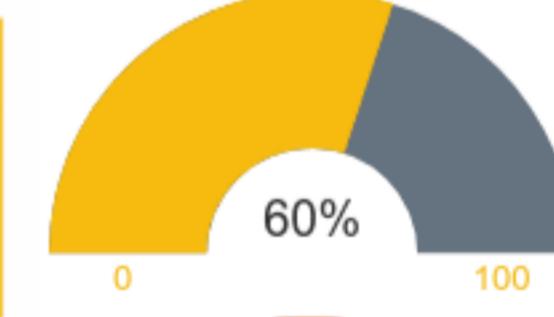
5 Moderate intensity

"I'm sweating a little. I'm working."



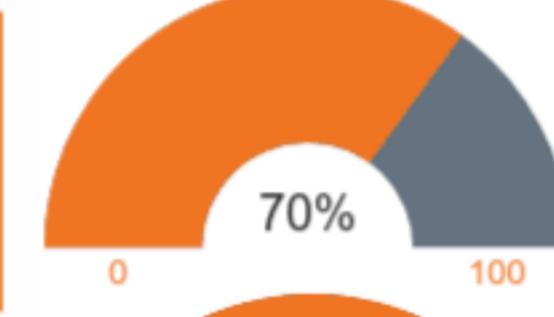
6 Moderate to intense

"I'm exercising harder than I thought I would. I'm getting a workout."



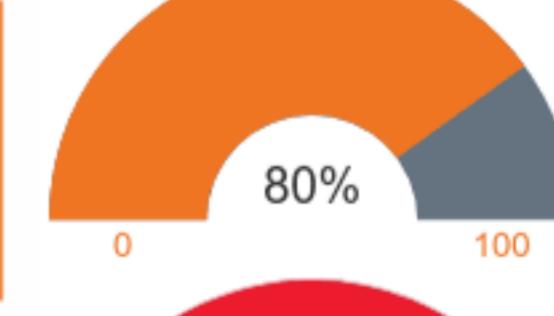
7 Intense

"The workout is hard, but I can take it."



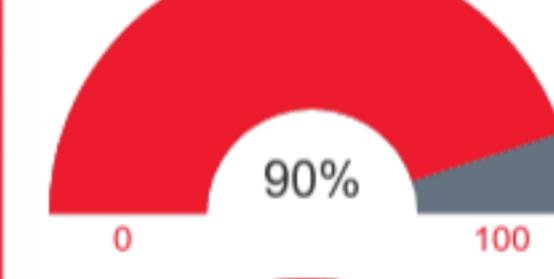
8 Very intense

"This is difficult. I'm breathing hard. I'm not sure how long I can go."



9 Very, very intense

"I'm very uncomfortable. I can't talk in a normal tone of voice. I should slow down."



10 Maximum intensity

"I'm completely exhausted. I must slow down immediately."

