

Perceived Exertion Chart

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."

