

Rate of Perceived Exertion Scale

Level 1

**I'm watching TV and eating bon bons**

Level 2

**I'm comfortable and could maintain this pace all day long**

Level 3

**I'm still comfortable, but am breathing a bit harder**

Level 4

**I'm sweating a little, but feel good and can carry on a conversation effortlessly**

Level 5

**I'm just above comfortable, am sweating more and can still talk easily**

Level 6

**I can still talk, but am slightly breathless**

Level 7

**I can still talk, but I don't really want to. I'm sweating like a pig**

Level 8

**I can grunt in response to your questions and can only keep this pace for a short time period**

Level 9

**I am probably going to die**

Level 10

**I am dead**