

RATING OF PERCEIVED EXERTION

10

Maximal Exertion

Cannot push any harder

9

Very Hard Activity

8

Hard Activity

Difficulty breathing, unable to speak

7

Hard Activity

Heavy sweating, difficulty speaking

6

Moderate Activity

Moderate sweating, able to speak

5

Moderate Activity

Speaking is easy, light sweating

4

Light Activity

Breaking a sweat, comfortable speaking

3

Light Activity

Comfortable, slight difficulty breathing

2

Minimum Activity

Barest exertion

1

Resting

No exertion