

Perceived Exertion

10: Maximal. There is absolutely no way to push any harder. This pace can only be maintained for a minute, tops.

8-9: Strenuous. This is your 80-90%, bordering red-line. Athletes can only keep this pace for a few minutes.

6-7: Vigorous. This is getting harder. A healthy person can keep going, but they may have to push themselves a bit.

4-5: Moderate. I definitely can't keep this up indefinitely, but I'm good to keep going.

3: Light Activity. Like walking at a pace of my choosing for a few minutes.

2: Still not feeling much. I might be sitting, watching TV

1: No exertion at all. Napping falls in this range.