

PERCEIVED EXERTION



RATING	EXERTION LEVEL	TALK TEST	% OF MAX HR
10 9	DIFFICULT TO CONTINUE, ABLE TO MAINTAIN ONLY 10-30 SECONDS	CAN'T TALK, GASPING FOR BREATH	86% - 100%
8 7	UNCOMFORTABLE TO CONTINUE, BUT ABLE TO MAINTAIN FOR 5-10 MINUTES	BROKEN SENTENCES, HEAVY BREATHING	76% - 85%
6 5	EXERCISE IS TOUGH, BUT ABLE TO MAINTAIN FOR AT LEAST 30 MINUTES	ONLY ABLE TO COMPLETE 1-2 SENTENCES, MODERATE SHORTNESS OF BREATH	61% - 75%
4 3	COMFORTABLE TO MAINTAIN FOR AT LEAST 60 MINUTES	TAKES MORE EFFORT TO TALK, SLIGHT SHORTNESS OF BREATH	51% - 60%
2 1	COMFORTABLE TO MAINTAIN FOR AN EXTENDED PERIOD OF TIME	NORMAL TALKING AND BREATHING	40% - 50%