

Perceived Exertion Scale



How hard are **YOU** working?

A Perceived Exertion Scale is used to measure the intensity of your exercise. The numbers below relate to phrases used to rate how easy or difficult you find an activity. When exercising, you should always monitor your intensity to make sure you are not working too hard. One way to do this is by using a Perceived Exertion Scale. For most workouts, you should stay at Level 3-Vigorous.

Exercise should be enjoyable, stimulating, and invigorating so that you look forward to your regular activity. Exercising too hard causes people to drop out of exercising.

1 = LIGHT	2 = MODERATE	3 = VIGOROUS	4 = HARD	5 = DIFFICULT
Activity	Exercise	Exercise	Training	Training
Barely notice a change in heart beating and breathing, feel just a bit warmer, very comfortable and can move at this pace all day long, can sing or talk easily while doing the activity	Noticeable increase in heartbeat and breathing a bit harder, definitely warmer, maybe sweating a little, but feel good and can carry on a conversation comfortably while doing the activity	Heart beat is faster, feeling hot, sweating more, generally fatigue but able to maintain this level, can still talk but with breaks in between words/phrases, slightly breathless	Heart beat is noticeably faster, breathing deeper and louder, feeling tired, difficult to maintain a conversation, can only maintain this pace for a short period of time, grunt in response to questions	Breathing is deep and rapid, muscles are quivering, can maintain this pace for a very short period of time, unable to talk
“A walk in the park”	“I’m feeling warmer”	“I’m huffing and puffing”	“I can’t blow out a candle”	“I feel like throwing up”

