











## Rating of Perceived Exertion Chart (Cardiovascular Endurance)

#10		<b>I am dead!!!</b>	
#9		<b>I am probably going to die!</b>	
#8		<b>I can grunt in response to your questions and can only keep this pace for a short time period.</b>	
#7		<b>I can still talk but I don't really want to and I am sweating like a pig!</b>	
#6		<b>I can still talk but I am slightly breathless and definitely sweating.</b>	
#5		<b>I'm just above comfortable, I am sweating more and can talk easily.</b>	
#4		<b>I'm sweating a little, but I feel good and I can carry on a conversation comfortably.</b>	
#3		<b>I am still comfortable, but I'm breathing a bit harder.</b>	
#2		<b>I'm comfortable and I can maintain this pace all day long.</b>	
#1		<b>I'm watching TV and eating bon bons.</b>	

Moderate exercise zone

## 1 - 10 Borg Rating of Perceived Exertion Scale

0	Rest
1	Really Easy
2	Easy
3	Moderate
4	Sort of Hard
5	Hard
6	
7	Really Hard
8	
9	Really, Really, Hard
10	Maximal: Just like my hardest race