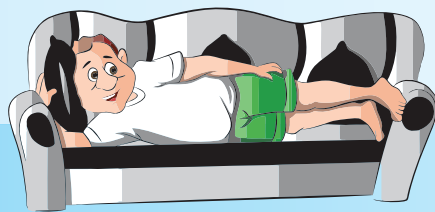


1-10 Borg Scale of Perceived Exertion

What you may be thinking...

What your body may be doing...

0 Rest



1 Really Easy

I don't feel different yet

2 Easy

I am getting a little hot. I can still talk normally.

3 Moderate



My body is warming up.

4 Sort of Hard

I can almost talk in a regular voice, but it is getting harder!



5 Hard

My cheeks are getting pink. I am getting a little sweaty.

6



7 Really Hard

I am getting really sweaty. My body is hot!



8

I can talk a little, but not too much.

9 Really, Really Hard

My face looks red. I feel like I need to stop.



10 Maximal

My heart is beating very fast and strong. I can't talk.