Effort Scale

Easy Light Moderate Vigorous Veryhard Max 1 2 3 4 5 6 7 8 9 1 0

Borderline

uncomfortable you

can speak a sentence

Can speak

only a few

words

Can only do

it for a very

short time

Breathing heavily

you can hold short

converations

You can

maintain it

for hours

Bit more

than

watching TV

