

How do you feel?

Rate of ***P***erceived ***E***xertion

A measure of 'cardio' intensity

6	not working	<i>Sedentary</i>
7	very, very light	
8		<i>Warm up</i>
9	very light	
10		<i>Light</i>
11	fairly light	<i>Physical Activity</i>
12		<i>Moderate</i>
13	somewhat hard	<i>Physical Activity</i>
14		
15	hard	
16		<i>Vigorous</i>
17	very hard	<i>Physical Activity</i>
18		
19	very, very hard	
20	maximal exertion	<i>Maximal</i>