












Self-Assessment Chart

My exercise	My exercise intensity	Monitoring my heart beats, breathing, and talking	Other exercise examples
	Light	<p>My heart is beating slow.</p>  <p>I can take long slow breaths.</p>  <p>I can talk and sing without any problems.</p> 	<p>Stretching</p> 
	Moderate	<p>I can feel my heart is beating faster.</p>  <p>I need to take more short breaths.</p>  <p>I can talk but only a little bit.</p> 	<p>Playing soccer, doing cardio fitness</p> 
	Vigorous	<p>My heart is beating really fast.</p>  <p>I am gasping, taking short quick breaths.</p>  <p>It is difficult to talk.</p> 	<p>Walking to school, riding my bike leisurely</p> 