

Rate of Perceived Exertion

Estimate your effort level by self-assessing how you feel.



My effort level:

I am working super hard I need to stop and take a break. I am gasping for air. I can only keep this pace for a short time period

I can still talk, but I don't really want to. I'm sweating so much! My heart is beating fast but I can keep going.

I'm just above comfortable. I am sweating more and can still talk but I am slightly breathless.

I am comfortable and could maintain this pace all day long. I can feel my heart beating a little bit faster and I am breathing a bit harder.

I am in my resting heart rate. I feel calm and relaxed.