

How Hard are You Working?

Perceived Exertion Scale

While doing physical activity, rate your perception of exertion. This feeling should reflect how heavy and strenuous the exercise feels to you, combining all sensations and feelings of physical stress, effort, and fatigue.

Try to rate YOUR FEELING OF EXERTION as honestly as possible, without thinking about what the actual physical load is. Your own feeling of effort and exertion is important, not how it compares to other people's. Look at the scales, then give a number. It's that easy!

Percent Effort	*Ordinal Scale	Perceived Work Load	Talk Test
20%	6	Very, very light	At Rest
30%	7		
40%	8		Very light
50%	9		
55%	10	Fairly light	
60%	11		
65%	12		Moderately hard
70%	13		
75%	14	Hard	Very brisk walking, must take a breath between 4-5 words
80%	15		
85%	16		
90%	17		
95%	18	Very, very hard	
100%	19		
Exhaustion	20		