

## RATE OF PERCIEVED EXERTION

### CV ENDURANCE

1	At Rest
2	Very Easy
3	Moderate – can talk easily
4	A bit warm, breathing little faster, can carry on a conversation
5	Becoming warmer and sweating a little. Conversation still pretty easy
6	Challenging, talking but faster breathing, definitely sweating
7	Very challenging – don't really want to talk, short sentences only
8	Very tough – one word answers only. Only keep pace up for short time now
9	Almost flat out and I am fast approaching brick wall!
10	Absolute limit - that's it – no more!!!