











**INTRODUCTION  
SELF-ASSESSMENT****Rate of Perceived Exertion and Talk Test**

The exertion goal that you should strive for while exercising is a level 3 to a level 5. This level of intensity, will let you reach the benefits of the exercise without overdoing it. If you say “I know this exercise is doing me good” without having to pause mid-sentence then you are not working hard enough. If you have to pause mid-sentence to take one breath then you are working at the right level. If you can not finish or start the sentence, then you are working harder than necessary.

Exertion Scale	Perceived Exertion Level	Talk Test
 1	Very light	Can talk normally
 2	Light	Can talk normally
 3	<b>MODERATE</b>	<b>Carry on conversation with light breathing</b>
 4	<b>SOMEWHAT SEVERE</b>	<b>Carry on conversation with moderate breathing</b>
 5	<b>SEVERE</b>	<b>Carry on conversation with heavy breathing</b>
 6	More severe	Only able to complete 1-2 sentences, heavy breathing
 7	Very severe	Broken sentences, heavy breathing
 8	Very severe	Can only speak in syllables, very heavy breathing
 9	Very, very severe	Cannot talk, very heavy breathing
 10	Maximal	Cannot talk, gasping for breath

**EXERTION GOAL**