



Rate of Perceived Exertion

10 Maximum Effort

Peak effort. Breathing is difficult. Not able to talk.

9 Vigorous

Increased effort to breathe. Difficult to talk at all.

7-8 Very Hard

Breathing is harder. Can only speak a few words.

5-6 Moderate

Increased effort. Can speak short sentences/phrases.

3-4 Light

Easy activity. Can talk with little effort.

1-2 Very Light

Can talk with no effort.