



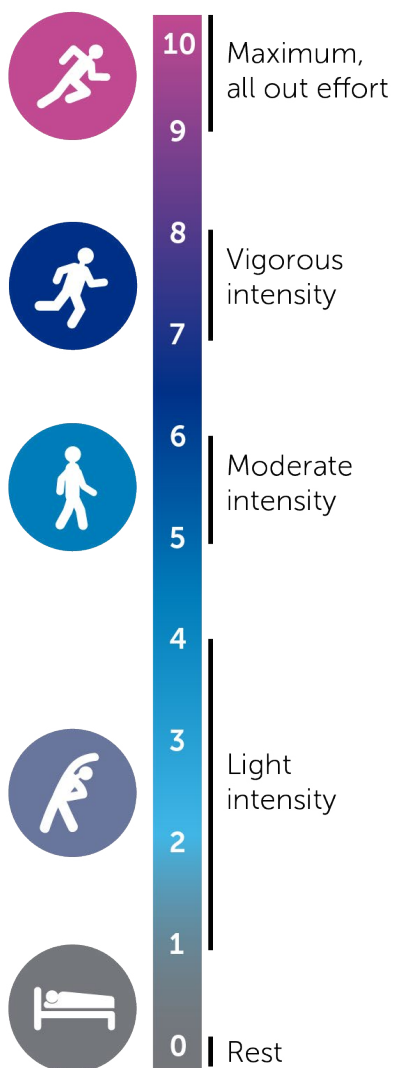
Rate the intensity

What fitness activity or exercise did you do today?

Answer the questions below about heart rate, breathing, sweating, and ability to talk.
Then, use the RPE scale to rate the intensity of your fitness activity or exercise.

RPE scale

(Rating of Perceived Exertion)



Was your heart beating faster?

☐ Not noticeably ☐ Yes, slightly ☐ Yes, significantly

Were you breathing faster?

☐ Not noticeably ☐ Yes, slightly ☐ Yes, significantly

Were you sweating?

☐ Not noticeably ☐ Yes, slightly ☐ Yes, significantly

How much were you able to talk?

☐ Conversation ☐ Talk but not sing ☐ Few words or phrases

← Looking at the RPE scale, what was the intensity of your fitness activity or exercise?

☐ 1-4 Light
 ☐ 5-6 Moderate
 ☐ 7-8 Vigorous
 ☐ 9-10 Maximum

Did you do moderate- to vigorous-intensity exercise for at least 60 minutes? ☐ Yes ☐ No

Did you do vigorous-intensity exercise for at least 20 minutes?

☐ Yes ☐ No

If no, don't give up. Build up gradually.

What can you do next time to increase the time and intensity of your fitness activity or exercise?
