



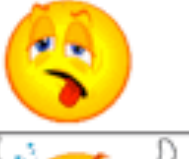







Rating of Perceived Exertion Chart

(Cardiovascular Endurance)

#10		I am dead!!!
#9		I am probably going to die!
#8		I can grunt in response to your questions and can only keep this pace for a short time period.
#7		I can still talk but I don't really want to and I am sweating like a pig!
#6		I can still talk but I am slightly breathless and definitely sweating.
#5		I'm just above comfortable, I am sweating more and can talk easily.
#4		I'm sweating a little, but I feel good and I can carry on a conversation comfortably.
#3		I am still comfortable, but I'm breathing a bit harder.
#2		I'm comfortable and I can maintain this pace all day long.
#1		I'm watching TV and eating bon bons.

