

# Perceived Exertion Chart



**Silver Sneakers**<sup>®</sup>  
by Tivity Health

**1**

**Okay to go!**

"I feel great, and I'm breathing normally."

**2**

**Very, very light intensity**

"I feel terrific. I don't even feel like I'm exerting myself."

**3**

**Very light intensity**

"This is fun. I feel like I could go forever."

**4**

**Light intensity**

"I can tell I'm exercising. I feel good."

**5**

**Moderate intensity**

"I'm sweating a little. I'm working."

**6**

**Moderate to intense**

"I'm exercising harder than I thought I would. I'm getting a workout."

**7**

**Intense**

"The workout is hard, but I can take it."

**8**

**Very intense**

"This is difficult. I'm breathing hard. I'm not sure how long I can go."

**9**

**Very, very intense**

"I'm very uncomfortable. I can't talk in a normal tone of voice. I should slow down."

**10**

**Maximum intensity**

"I'm completely exhausted. I must slow down immediately."