







Physical Activity Exertion Worksheet

Emoji Perceived Rates of Exertion Scale

19-20		I am dead!
18		I am probably going to die!
16-17		I can grunt if asked a question and can only keep this pace for a short period of time.
15		I can still talk, but I don't really want to and I am sweating a lot.
13-14		I can still talk, but I am getting out of breath and definitely sweating.
12		I'm just above comfortable. I am sweating more and can talk easily.
10-11		I'm sweating a little, but I feel good and I can easily carry on a conversation.
9		I am still comfortable, but I am breathing a bit harder.
7-8		I'm comfortable and I can keep going at this pace all day long.
6		I'm lying on the couch watching TV.

Directions:

Perform each activity for 1 minute. When done, write down the Emoji number that shows how you feel.

Activity	Emoji RPE
Rest	
Walk	
Jog	
Jumping jacks	
Plank	
Wall Sit	
Mountain Climbers	
Walking Lunges	