

Exercise Intensity

Intensity	"Talk Test"	Perceived Exertion (10 point scale)	HRR (%) $\dot{V}O_{2R}$ (%)	Maximal HR (%)	MET $\dot{V}O_{2max}$
Very light	Able to talk and/or sing	<3	<20	<50	> 3
Light			20–39	50–63	
Moderate	Able to talk but not sing	3 - 4	40–59	64–76	3 - 6
Vigorous/hard	Difficulty talking	5 - 6	60–84	77–93	>6
Very hard		7 - 9	≥85	≥94	
Maximal		10	100	100	

Abbreviations: METs = metabolic equivalent units (1 MET = 3.5 mL×kg⁻¹×min⁻¹);
 $\dot{V}O_{2R}$, = oxygen uptake reserve; HRR = heart rate reserve.