

Level	Exertion	Physical signs
0	None	None
1	Minimal	None
2	Barely there	Sensation of movement
3	Moderate	Stronger sensation of movement
4	Somewhat hard	Warmth or light sweating
5	Hard	Sweating
6	Harder	Moderate sweating
7	Very hard	Moderate sweating, but can still talk
8	Extremely hard	Heavy sweating, can't talk
9	Maximum effort	Very heavy sweating, can't talk
10	Maximum effort	Exhaustion

Exertion levels

This method requires you to rate how hard you're working by observing your body's physical signs. Aim to experience the exercise signs 3–7 in the chart to keep within your target heart rate. You can keep a diary of your exertion ratings to monitor your fitness progressions. As an activity becomes easier, the rating should decrease and then you know it's time to increase the intensity of the activity.

Calories Burned = [(Weight in #/2.2) X M X time in minutes X 3.5] /200