

10	Maximal Effort	An exercise intensity that is impossible to maintain. Completely out of breath and no longer able to talk.
9	Very Hard Activity	An exercise intensity that is difficult to maintain. Breathing is very challenging and talking is limited to single words.
8		
7	Vigorous Activity	An exercise intensity that is starting to feel uncomfortable. Breaths are short and talking is limited to short sentences.
6		
5	Moderate Activity	An exercise intensity that you feel you could maintain for a long duration. Breathing is noticeably more challenging. Talking is limited to shorter conversations.
4		
3	Light Activity	An exercise intensity that you feel you could maintain for hours. It's still easy to breath and talk.
2		
1	Very Light Activity	Minimal effort. An exercise intensity just above complete rest.



Rate of Perceived Exertion

(A useful scale for to monitoring exercise intensity with pregnant participants.)