

Level of Exertion		
	Amount of Effort	Description
1	Resting	You are breathing normally. It's very easy to talk.
2	Somewhat Light	You are breathing a little more heavily, but it is still easy to talk.
3	Light	You notice your breathing. You can talk with some effort.
4	Medium	You are breathing more heavily, but you do not hear yourself breathe.
5	Somewhat Hard	You can hear yourself breathe, but can still talk.
6	Medium Hard	It is more difficult to talk.
7	Hard	You are breathing heavily. It is hard to talk.
8	Very Hard	You are breathing more heavily and find it difficult to talk.
9	Grueling	It is almost impossible to talk.
10	Maximum	You are breathing very heavily. You cannot talk. You may feel pain.