






Physical Activity Intensity Level

Name: _____

Use the chart below to select which intensity level you experienced during physical activity.

	1 = Resting	2 = Light	3 = Moderate	4 = Hard	5 = Very Hard
LOOK	 Calm	 Light		 Tired	 Sick
LISTEN	<ul style="list-style-type: none"> Heart beat and breathing is normal 	<ul style="list-style-type: none"> Barely a change in heart beat and breathing 	<ul style="list-style-type: none"> Noticeable increase in heart rate Breathing is a bit harder 	<ul style="list-style-type: none"> Heart beat is faster Breathing is heavy 	<ul style="list-style-type: none"> Heart beat is noticeably faster Breathing is deeper and louder
FEEL	<ul style="list-style-type: none"> Feeling calm and relaxed Very comfortable 	<ul style="list-style-type: none"> Just a bit warm Comfortable 	<ul style="list-style-type: none"> Warmer May start to sweat Can carry a conversation or sing while exercising 	<ul style="list-style-type: none"> Feeling hot and tired Sweating Hard to have conversation 	<ul style="list-style-type: none"> Exhausted Muscles may shake Unable to talk
TELL	"I am sitting down and am very calm."	"This is a walk in the park."	"I can sing and exercise at the same time!"	"I am sweaty and huffing and puffing!"	"I feel sick and cannot catch my breath!"