

NUM	EXAMPLE	DESCRIPTION
0	Lying/sitting down	Nothing at all
1	Something you could perform all day without difficulty	Extremely light
2	Something you could perform comfortably for a number of hours	Very light
3	Something you could perform for over an hour but would notice an increase in breathing rate and body temperature	Light
4	Something you could perform for an hour comfortably but would notice a significant increase in breathing rate, body temperature and perspiration	Comfortable
5	Something you could only perform for between 30 and 60 minutes before experiencing symptoms of fatigue but not total exhaustion	Moderate
6	Something you could only perform for 30 minutes whilst maintaining a conversation. You would not experience total exhaustion after exercise	Somewhat hard
7	Something you could perform for 20 minutes but would find it increasingly difficult to hold a conversation. Focus would be entirely on the activity	Hard
8	The activity could not be maintained for longer than 10 minutes without fatigue	Very hard
9	The activity is reaching the point of exhaustion and could not be continued for more than 5 minutes	Extremely hard
10	Maximal exertion, the activity could not be maintained for more than a minute	Maximal exertion