Check Yourself

Check your activity intensity level, rate of perceived exertion, and heart rate zone with three simple tests.

THE TALK TEST / *Identify and determine your physical activity intensity levels.*

Intensity Level	Talking Level	Activity Examples
Light Intensity	Normal breathing rate. Can sing and talk smoothly.	Slow Walking / Stretching / Light Housework
Moderate Intensity	Breathing getting faster. Can talk, but not sing smoothly.	Brisk Walking / Putt-Putt Golf / Leisurely Swimming
Very High Intensity	Gasping for breath. Trouble talking smoothly.	Jogging / Fast-Paced Sports / Dancing

HEART RATE ZONES / *Identify your current and ideal heart rate.*

10-Second Count X 6 = Beats Per Minute (BPM) Example: 25 seconds x 6 = 150 BPM

First Grade	Max Heart Rate = **213**	Target Heart Rate Zone = **128 - 181 BPM**
Second Grade	Max Heart Rate = **212**	Target Heart Rate Zone = **127 - 180 BPM**
Third Grade	Max Heart Rate = **211**	Target Heart Rate Zone = **127 - 179 BPM**
Fourth Grade	Max Heart Rate = **210**	Target Heart Rate Zone = **126 - 179 BPM**
Fifth Grade	Max Heart Rate = **209**	Target Heart Rate Zone = **125 - 178 BPM**
Sixth Grade	Max Heart Rate = **208**	Target Heart Rate Zone = **125 - 177 BPM**

RPE SCALE / *Rate of Perceived Exertion*

Activity Level	Perceived Exertion
1 / Very Light	Hardly any activity, but more than sleeping or sitting calmly. You can speak and sing smoothly.
2-3 / Light	Feels like you can maintain this activity for hours. It's easy to breath and carry on a lengthy conversation.
4-6 / Moderate	Breathing heavily, but can still hold a conversation. Somewhat comfortable, but it is becoming noticeably more challenging to maintain the activity.
7-8 / Vigorous	Borderline uncomfortable. You are short of breath, but can still speak a sentence or two. It's challenging to keep moving.
9 / Very High	Extremely difficult to maintain your exercise intensity level. Your breathing is becoming intense, and you can speak only a few words at a time.
10 / Max Effort	Feels almost impossible to keep going. You feel completely out of breath and are unable to talk at all.

INPACT | ***Check Yourself*** | **Move together. Be yourself.**

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