

Intensity Classification Chart

How hard are you working?

<u>NOTHING AT ALL</u>	<u>MILD</u>	<u>MODERATE</u>	<u>HEAVY</u>
Includes activities that even when you are doing them, you do not feel like you are working at all.	Includes physical activities that require you to do very light work. You should feel like you are working a little bit but overall you shouldn't find yourself working too hard	Includes physical activities that require some physical effort. You should feel like you are working somewhat hard but you should feel like you can keep going for a long time.	Includes physical activities that require a lot of physical effort. You should feel like you are working really hard (almost at your maximum) and can only do the activity for a short time before getting tired. These activities can be exhausting

How does your body feel?

	<u>NOTHING AT ALL</u>	<u>MILD</u>	<u>MODERATE</u>	<u>HEAVY</u>
Breathing & Heart rate	Everything is normal	Stays normal or is only a little bit harder and/or faster than normal	Noticeably harder and faster than normal but <u>NOT</u> extremely hard or fast	Fairly hard and much faster than normal.
Muscles	Everything is normal	Feel loose, warmed-up and relaxed. Feel normal temperature or a little bit warmer and not tired at all	Feel pumped and worked. Feel warmer than normal and starting to get tired after awhile.	Burn and feel tight and tense. Feel a lot warmer than normal and feel tired.
Skin	Everything is normal	Normal temperature or is only a little bit warmer and not sweaty	A little bit warmer than normal and might be a little sweaty	Much warmer than normal and might be sweaty
Mind	Everything is normal	You might feel very alert. Has no effect on concentration	Require some concentration to complete	Requires a lot of concentration (almost full) to complete