



# How hard am I working?

<b>Rate by number</b>	<b>How hard is it?</b>	<b>How you feel when you're...</b>
0	Resting	sitting or simply standing
1	Very, very easy	
2	Easy	
3	Moderate	walking or exercising lightly
4	Somewhat hard	
5	Hard	pushing yourself a bit
6	Hard	
7	Very hard	challenging yourself
8	Very hard	
9	Very, very hard	
10	Maximum	working as hard as you possibly can