

Level	Predicted exertion (RPE scale)
6	No exertion at all (Extremely low intensity)
7	"should be able to sing while doing the activity"
8	Extremely light (Extremely low intensity)
9	"should be able to sing while doing the activity"
10	Low intensity
11	"should be able to carry on a conversation comfortably"
12	Low – Medium intensity
13	Some what hard (Medium intensity) Breathing is controlled or slightly laboured when talking normally
14	"Breathing becomes slightly laboured"
15	Hard (Medium - High intensity)
16	Breathing laboured
17	Very hard (becomes winded or too out of breath to carry on a conversation)
18	
19	winded or too out of breath to carry on a conversation + Burning sensation in lungs, and extremities
20	Maximal exertion

The talk test method of measuring intensity is simple. A person who is active at a light intensity level should be able to sing while doing the activity. One who is active at a moderate intensity level should be able to carry on a conversation comfortably while engaging in the activity. If a person becomes winded or too out of breath to carry on a conversation, the activity can be considered vigorous.