

# RATING OF PERCEIVED EXERTION AND TALK TEST

EXERTION SCALE (1-10)*	ZONE	EXERTION LEVEL	EXAMPLE OF ACTIVITY	TALK TEST	RANGE (% of MHR)**
<small>(Based on how hard you feel you are working)</small>	<small>(Find the zone that best meets your goals)</small>	<small>(Varies by individual and fitness level)</small>	<small>(Activities that correlate to level of exertion)</small>	<small>(Use the Talk Test to gauge how hard you are working on the 1-10 scale)</small>	<small>(Use the range to calculate upper and lower limits in beats per minute)</small>
1	Inactive	Very Light	Standing	Normal breathing; can talk normally	40% - 45%
2		Light	Walking	Normal breathing; can talk normally	46% - 50%
3	Health Improvement Zone	Moderate no sweat	Brisk walk	Can carry on a conversation; light breathing	51% - 55%
4		Moderate sweat	Fast walk/jog	Can carry on a conversation; moderately breathing	56% - 60%
5	Fitness Zone	Moderate vigorous sweat	Very fast walk/jog	Can carry on a conversation; heavy breathing	61% - 67%
6		Vigorous	Run	Only able to complete 1-2 sentences; heavier breathing	68% - 75%
7	Performance Zone	Vigorous strenuous	Fast run	Broken sentences; heavy breathing	76% - 80%
8		Strenuous	Very fast run	Only able to speak in syllables; very heavy breathing	81% - 85%
9	High Performance Zone	Strenuous severe	Race pace	Can't talk; very heavy breathing	86% - 92%
10		Severe	Race pace to win	Can't talk; gasping for breath	93% - 100%

## HOW TO CALCULATE YOUR MAXIMUM HEART (MHR) AND HEART RATE RANGE

**FORMULA**  
Maximum Heart Rate (MHR)  
 $220 - \text{Age} = \text{MHR}$

**RANGE**  
To calculate your range:  
 $\text{MHR} \times \text{Range of MHR}$

**EXAMPLE:**  
Using Fitness Zone, Level 6 for a 30 yr. old

**1. Calculate MHR**  
 $220 - 30 = 190 \text{ (MHR)}$

**2. Calculate Range**  
 $190 \times .60 = 114$   
 $190 \times .75 = 142$

**3. Range in Beats Per Minute**  
Heart Rate Range =  
114 - 142 beats per minute



Note: RPE is especially useful when heart rate is not an accurate measure of exertion.

\*Modified Borg scale adopted by Productive Fitness Products Inc.

\*\*Heart rate is subjective and varies widely dependent on several factors including age, weight & fitness level. These are "an average" figures.

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