

Kid's Ratings of Perceived Exertion Chart

Measure of how hard you think you are moving (heart is racing, face feels sweaty, out of breath, legs feel tired, etc..)



0 = Sleeping

1 = Sitting At Your Desk

2 = Walking Through The Halls

3 = Walking/Playing During Recess

4 = Doing Relay Races In Gym

5 = Running As Fast As You Can



Calories burned (15 minute)*

15 = Sleeping

18 = Sitting at Your Desk

35 = Walking Through the Halls

60 = Walking/Playing at Recess

80 = Doing Gym Relay Races

**100 = Running As Fast As You
Can**

* Based upon a child weighing approximately 90 pounds