

# What Level Am I At?

5

I can grunt in response to your questions & can only keep this pace for a short time.

4

I can still talk, but I do not really want to. I am sweating a lot.

3

I'm just above comfortable. I'm sweating more, but can still talk easily.

2

I'm still comfortable, but am breathing a bit harder.

1

I'm comfortable and could maintain this pace all day.

