

HOW HARD IS THE ACTIVITY?



- 0 Nothing at all
- 0.5 Just noticeable
- 1 Very light
- 2 Light
- 3 Moderate
- 4 Somewhat heavy
- 5 Heavy
- 6
- 7 Very heavy
- 8
- 9
- 10 Very, very heavy
- * * Maximal

