How Do I Track Intensity?

Did you know?
You can monitor your walking (or other exercise) speed/pace/intensity based on how heavy you are breathing while you perform the movement.

HERE’S A QUICK INTENSITY KEY

Choose **LOW** Intensity if:
**YOUR BREATH:** You can do the activity while maintaining easy, light breathing.
**COMPARE IT TO:** A leisurely stroll!

Choose **MODERATE** Intensity if:
**YOUR BREATH:** While doing this exercise, you are somewhat winded but could still have a conversation.
**COMPARE IT TO:** A brisk walk uphill!

Choose **HIGH** Intensity if:
**YOUR BREATH:** You are almost breathless.
**COMPARE IT TO:** Racing someone full speed!