During the exercise bout, we want you to pay close attention to how hard you feel the exercise work rate is. This feeling should reflect your total amount of exertion and fatigue, combining all sensations of physical stress, effort, and fatigue. Don’t concern yourself with any one factor, such as leg pain, shortness of breath or exercise intensity, but try to concentrate on your total, inner feeling of exertion. Try not to underestimate or overestimate your feeling of exertion; be as accurate as you can.

While participating in exercise, it is common to experience changes in mood. Some individuals find exercise pleasurable, whereas others find it to be unpleasurable. Additionally, feeling may fluctuate across time. That is, one might feel good and bad a number of times during exercise. Scientists have developed this scale to measure such responses.

Estimate here how aroused you actually feel. Do this by circling the appropriate number. By “arousal” here is meant how “worked-up” you feel. You might experience high arousal in one of a variety of ways, for example as excitement or anxiety or anger. Low arousal might also be experienced by you in one of a number of different ways, for example as relaxation or boredom or calmness.