






# TALK TEST

Use the Talk Test to determine your physical activity intensity.

Exercise intensity	Talk level	Examples
Light 	Normal breathing rate – can sing or talk	Slow walking Stretching Light housework 
Moderate 	Breathing getting faster – can carry a conversation but not sing	Brisk walking Cricket Leisurely swimming 
Vigorous 	Gasping for breath – can't hold a conversation	Jogging Soccer Dancing 