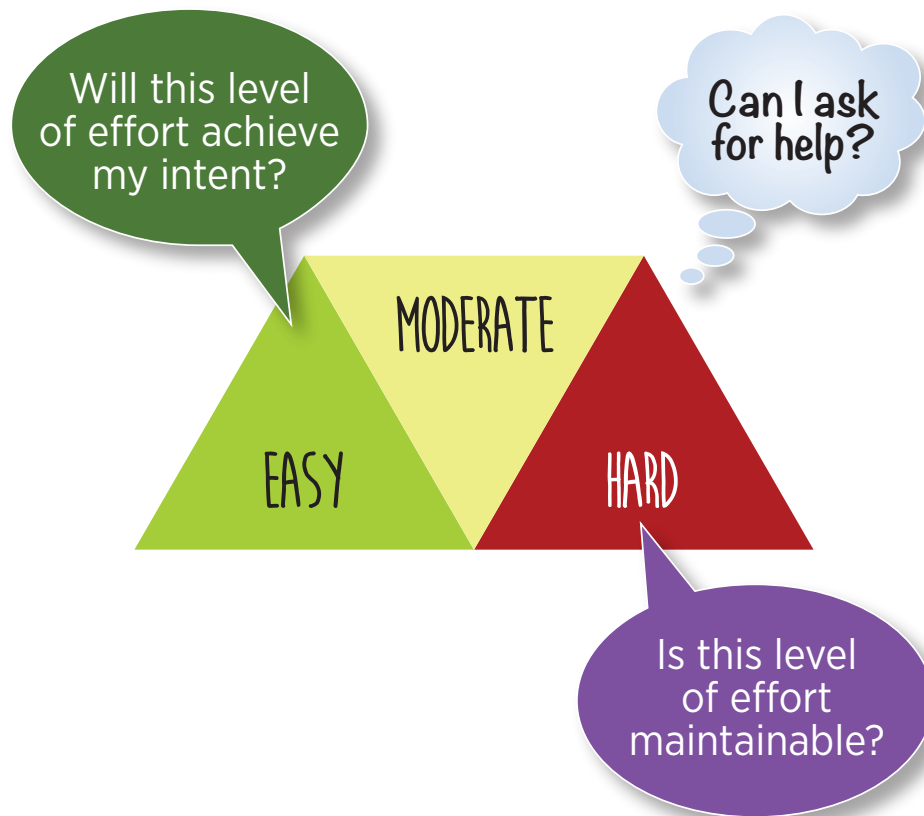


# Evaluating Effort Activity



**DIRECTIONS:** The Effort Scale depicts three levels of effort. The red section, on the right, represents hard effort; the yellow, in the middle, moderate; and the green section, easy effort. Pause for a moment and ask: Do you feel that your current level of effort is sustainable? Will it help you achieve your larger health goals?