

# The Puff-0-Meter

Kids can use this easy guide to gauge how fast they are running, and whether they can keep it up!!

Subtitle



I feel like I'm going to die if I don't stop soon



I'm sweating like a pig. I couldn't talk even if I wanted to, but I can grunt



This is hard, and I don't really want to talk, but I can still keep going



I'm a bit more puffed, but that won't stop me talking



I feel good, and I'm just a little bit puffed



I can run like this all day. In fact I can walk faster than this!

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