



### LEGENDA

- Figure 1. Schematic representation of the experimental design. The study was divided into two parts: a pretest and a main experiment. In the pretest, 10 participants were asked to rate the perceived effort of 10 different tasks. In the main experiment, 20 participants were asked to rate the perceived effort of 10 different tasks. The tasks were divided into two groups: low effort and high effort. The low effort group included tasks such as standing, walking, and sitting. The high effort group included tasks such as running, jumping, and lifting. The participants were asked to rate the perceived effort of each task on a scale from 1 to 10. The results of the pretest and main experiment are shown in the table below.

[illegible]