

RPE Scale

Rate of Perceived Exertion

10

Max Effort Activity

Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.

9

Very Hard Activity

Very difficult to maintain exercise intensity. Can barely breath and speak only a few words

7-8

Vigorous Activity

Borderline uncomfortable. Short of breath, can speak a sentence.

4-6

Moderate Activity

Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.

2-3

Light Activity

Feels like you can maintain for hours. Easy to breathe and carry a conversation

1

Very Light Activity

Hardly any exertion, but more than sleeping, watching TV, etc