

RPE CHART

RATE OF PERCEIVED EXERTION

Rating of Perceived Exertion is a subjective scale that is used to help participants quantify how hard they are exercising on a scale from 1-10.

When using this scale, please keep in mind that it is the total exertion you're feeling. For example, heavy breathing, muscle fatigue, heart rate, etc.

10

MAX EFFORT ACTIVITY

Feels almost impossible to keep going.
You're completely out of breath and unable to talk.

9

VERY HARD ACTIVITY

Feels difficult to maintain the intensity.
You can barely breathe or speak.

7-8

VIGOROUS ACTIVITY

On the verge of becoming uncomfortable to maintain.
You're short of breath but can speak a sentence.

4-6

MODERATE ACTIVITY

Feels like you can exercise for hours. You're breathing heavily but can hold a short conversation.

2-3

LIGHT ACTIVITY

Feels like you can maintain for hours.
It's easy for you to breathe and carry on a conversation.

1

VERY LIGHT ACTIVITY

Includes anything other than sleeping, watching TV, riding in a car, etc.