

## 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 breathe 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 a 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

# Rating Of Perceived Exertion Rpe

**IM Harris**



**Rating Of Perceived Exertion Rpe:**

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