

RPE CHART

RATE OF PERCEIVED EXERTION

10

MAX EFFORT ACTIVITY

Feels almost impossible to keep going
Completely out of breath/unable to talk

9

VERY HARD ACTIVITY

Very difficult to maintain exercise intensity
Can barely breath and speak a single word

7-8

VIGOROUS ACTIVITY

On the verge of becoming uncomfortable
Short of breath/can speak a sentence

4-6

MODERATE ACTIVITY

Feels like you can exercise for hours
Breathing heavily/can hold a short conversation

2-3

LIGHT ACTIVITY

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

1

VERY LIGHT ACTIVITY

Anything other than sleeping
e.g., Watching TV, riding in a car