

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 breathe 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 short conversation.

2-3

Light Activity

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

1

Very Light Activity

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

