

RPE Chart

Rate of Perceived Exertion

10

Max Effort Activity

Feels almost impossible to keep going
Completely out of breathe, unable to talk

9

Very Hard Activity

Very difficult to maintain exercise intensity
Can barely breath & 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 & carry on a conversation

1

Very Light Activity

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