

# RPE Chart

## Rate of Perceived Exertion

<b>10</b>	<b>Max Effort Activity</b> Feels almost impossible to keep going Completely out of breath, unable to talk
<b>9</b>	<b>Very Hard Activity</b> Very difficult to maintain exercise intensity Can barely breathe, difficult to speak a single word
<b>7-8</b>	<b>Vigorous Activity</b> On the verge of becoming uncomfortable Short of breath, can speak a sentence
<b>4-6</b>	<b>Moderate Activity</b> Feels like you can exercise for hours Breathing heavily, can hold a short conversation
<b>2-3</b>	<b>Light Activity</b> Feels like you can maintain for hours Easy to breathe, can carry on a conversation
<b>1</b>	<b>Very Light Activity</b> Anything other than sleeping, watching TV, riding in a car, etc.