

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, difficult to 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, can carry on a conversation
1	Very Light Activity Anything other than sleeping, watching TV, riding in a car, etc.