

RATE OF PERCEIVED EXERTION (RPE)

RPE SCALE	RATE OF PERCEIVED EXERTION
10 /	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
9 /	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
7-8 /	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence
4-6 /	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
2-3 /	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation
1 /	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc

RPE CHART

RATE OF
PERCEIVED
EXERTION

This chart is used to measure the intensity of each movement using a scale of 1-10.

10	COULD NOT PERFORM MORE REPS OR ADD WEIGHT
9.5	COULD NOT DO MORE REPS, BUT COULD ADD SLIGHTLY MORE WEIGHT
9	COULD DO 1 MORE REP
8.5	COULD DEFINITELY DO 1 MORE REP, POSSIBLY 2
8	COULD DO 2 MORE REPS
7.5	COULD DEFINITELY DO 2 MORE REPS, POSSIBLY 3
7	COULD DO 3 MORE REPS
5-6	COULD DO 4-6 MORE REPS
1-4	VERY LIGHT, LITTLE TO NO EFFORT