

RPE Chart

Rate of Perceived Exertion

10	Max Effort Activity Feel almost impossible to keep going. Completely out of breathe, unable to talk
9	Very Hard Activity Very hard to maintain exercise intensity, Can barely speak or speak a single word
7-8	Vigorous Activity On the verge of becoming uncomfortable, Short of breathe, can speak a sentence
4-6	Moderate Activity Feel 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, can carry a conversation
1	Very Light Activity Anything other than sleeping, watching TV, riding in a car etc