

Rate of Perceived Exertion (RPE) Scale

(Borg RPE Scale)

What is it?

The numbers on the scale help you describe how hard you feel you are working.

Why do we use it?

It is a way to rate your effort when you are doing different activities. Over time you will become more aware of how you normally feel during these activities (your "baseline").

This helps you:

- know if you are experiencing a change in your condition.
- adjust the intensity of your activities.

1	VERY LIGHT ACTIVITY Anything other than sleeping, watching TV, riding in a car, etc.
2	LIGHT ACTIVITY Feels like you can maintain the activity for hours.
3	
4	MODERATE ACTIVITY Feels like you can exercise for long periods of time. Breathing heavily but can hold short conversation.
5	
6	
7	VIGOROUS ACTIVITY Close to becoming uncomfortable. Short of breath but can speak a sentence.
8	
9	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak a single word.
10	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath. Unable to talk.