

RPE Chart

Rate of Perceived Exertion

The RPE scale is used to measure the intensity of your exercise. In most cases, you should exercise at a level of 4 - 6 (moderate activity).

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 breath, speak single words
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 short conversation
2 - 3	Light activity Feels like you can maintain for hours Easy to breath and easy to carry on conversation
1	Very Light activity Anything other than sleeping Watching TV, riding in car, etc.