

Rate of Perceived Exertion

RPE	Effort	Feeling	Breathing	Talking
0	None	No activity	Calm and slow	Normal
1	Very easy	Almost inactive	Calm	Normal
2	Easy	Relaxed	Calm	Normal
3	Light	No strain	Calm	Normal
4	Fairly light	Warm, but still relaxed	Calm	Normal
5	Moderate	Warm and active	Slightly faster	Normal, but with short pauses
6	Slightly hard	Starting to feel tough	Faster	Normal with pauses
7	Hard	Requires effort	Heavy breathing	Short phrases only
8	Very hard	Very demanding	Out of breath	Only a few words
9	Extremely hard	Near maximum effort	Very out of breath	Hard to speak
10	Max effort	Total exhaustion	Almost impossible to breathe	Can't speak at all

RPE (Rate of Perceived Exertion) is a scale from 0 to 10 that helps you understand how hard you are working during exercise.