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| **RPE Scale** | **Rate of Perceived Exertion** |
| 10 | **Max Effort Activity**  It feels almost impossible to keep going. I’m completely out of breath and can’t talk. I can’t keep this up for long. |
| 9 | **Very Vigorous Activity**  It’s really hard to maintain this intensity. I can barely breathe and can only speak a few words at one time. |
| 7-8 | **Vigorous Activity**  This is almost uncomfortable. My breathing is very heavy, but can speak a full sentence. |
| 4-6 | **Moderate Activity**  My breathing is heavy, but can hold a short conversation. I’m not uncomfortable, but I can feel the challenge in the activity. |
| 2-3 | **Light Activity**  I can maintain this activity for hours. It’s easy to breathe and carry on a conversation. |
| 1 | **Very Light Activity**  I don’t have to try hard at all, but I’m not watching TV or taking a nap. |