

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.