

PERCEIVED EXERTION CARD

RPE Scale	Rate of Perceived Exertion
10	<p>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.</p>
9	<p>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.</p>
7-8	<p>Vigorous Activity This is almost uncomfortable. My breathing is very heavy, but can speak a full sentence.</p>
4-6	<p>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.</p>
2-3	<p>Light Activity I can maintain this activity for hours. It's easy to breathe and carry on a conversation.</p>
1	<p>Very Light Activity I don't have to try hard at all, but I'm not watching TV or taking a nap.</p>