

# RPE CHART

## RATE OF PERCEIVED EXERTION

<b>10</b>	<b>MAX EFFORT ACTIVITY</b> Feels almost impossible to keep going Completely out of breathe, unable to talk
<b>9</b>	<b>VERY HARD ACTIVITY</b> Very difficult to maintain excercise intensity Can beary breath & speak a single word
<b>7-8</b>	<b>VIGOROUS ACTIVITY</b> On the verge of becoming uncomfortable Short of breath, can speak a sentance
<b>4-6</b>	<b>MODERATE ACTIVITY</b> Feels like you can excercise for hours Breathing heavily, can hold short conversation
<b>2-3</b>	<b>LIGHT ACTIVITY</b> Feels like you can maintain for hours Easy to breathe & carry a conversation
<b>1</b>	<b>VERY LIGHT ACTIVITY</b> Anything other than sleeping Watching TV, riding in a car etc...