

RATE OF PERCEIVED EXERTION (RPE SCALE)

Point	Effort	Description	% of Max HR
6	No Exertion	Little to no movement, very relaxed	20%
7	Extremely Light	Able to maintain pace	30%
8			40%
9	Very Light	Comfortable and breathing harder	50%
10			55%
11	Light	Minimal sweating, can talk easily	60%
12			65%
13	Somewhat Hard	Slight breathlessness, can talk	70%
14		Increased sweating, still able to hold conversation but with difficulty	75%
15	Hard	Sweating, able to push and still maintain proper form	80%
16			85%
17	Very Hard	Can keep a fast pace for a short period	90%
18			95%
19	Extremely Hard	Difficulty Breathing, near muscle exhaustion	100%
20	Maximally Hard	STOP EXERCISING! Total Exhaustion	

Source: Gunner Borg. PHD, M.D.