

Rated Perceived Exertion (RPE) Scale

The RPE scale is used to measure the intensity of your exercise. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test or after a very difficult activity.

- 0 – Nothing at all
- .5 – Just noticeable
- 1 – Very light
- 2 – Light
- 3 – Moderate
- 4 – Somewhat heavy
- 5 – Heavy
- 6
- 7 – Very heavy
- 8
- 9
- 10 – Very, very heavy

In most cases, you should exercise at a level that feels 3 (*moderate*) to 4 (*somewhat heavy*). When using this rating scale, remember to include feelings of shortness of breath, as well as how tired you feel in your legs and overall.