

Rate of Perceived Exertion Scale

Using this scale is an easy way to determine one's exercise intensity. It is based on how hard you feel you are exercising. Moderate-intensity aerobic activity increases a person's heart rate and breathing to some extent. Vigorous-intensity aerobic activity greatly increases a person's heart rate and breathing. For information about exercise intensity and what level you should exercise at, refer to Module 5.1 Fitness for Life in the Healthy Weighs for Life online program.

RPE	Rate of Perceived Exertion
10	Max Effort Activity Feels impossible to keep going. Completely out of breath, unable to talk.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breathe and can speak only a few words.
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak short sentences.
4-6	Moderate Activity Breathing heavily, can hold short conversations. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and hold a conversation.
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV or riding in a car.