

# RPE CHART

*rate of perceived exertion*



**10**

## **MAXIMUM EFFORT**

COMPLETELY OUT OF  
BREATH, UNABLE TO TALK

**9**

## **EXTREMELY HARD EFFORT**

CAN ONLY SPEAK A WORD  
OR TWO AT A TIME

**7-8**

## **HARD EFFORT**

OUT OF BREATH, CAN  
SPEAK A SENTENCE OR  
TWO.

**4-6**

## **MODERATE EFFORT**

CAN CARRY ON A  
CONVERSATION

**2-3**

## **LIGHT EFFORT**

BREATHING IS EASY

**1**

## **NO EFFORT**

SITTING