

# RPE SCALE

Rating of Perceived Exertion Chart (Cardiovascular Endurance)

	<b>I am dead!</b>
	<b>I am probably going to die!</b>
	<b>I can grunt in response to your questions and can only keep this pace for a short time period.</b>
	<b>I can still talk but I don't really want to and I am sweating like a pig!</b>
	<b>I can still talk but I am slightly breathless and definitely sweating.</b>
	<b>I'm just above comfortable, I am sweating more and can talk easily.</b>
	<b>I'm sweating a little, but I feel good and I can carry on a conversation comfortably.</b>
	<b>I am still comfortable, but I'm breathing a bit harder.</b>
	<b>I'm comfortable and I can maintain this pace all day long.</b>
	<b>I'm watching TV and eating bon bons.</b>