











RPE Scale

Rating of Perceived Exertion Chart (Cardiovascular Endurance)

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