

## RPE Scale

Rating of Perceived Exertion Chart (Cardiovascular Endurance)



10

I am dead!



9

I am probably going to die!



8

I can grunt in response to your questions and can only keep this pace for a short time period.



7

I can still talk but I don't really want to and I am sweating like a pig!



6

I can still talk but I am slightly breathless and definitely sweating.



5

I'm just above comfortable, I am sweating more and can talk easily.



4

I'm sweating a little, but I feel good and I can carry on a conversation comfortably.



3

I am still comfortable, but I'm breathing a bit harder.



2

I'm comfortable and I can maintain this pace all day long.



1

I'm watching TV and eating bon bons.