

# 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.