

Rate of Perceived Exertion (RPE) <i>with modified RPE of perceived pain</i>			
	Rank	Perceived Pain	Perceived Exertion
Easy	6	No exertion at all	Doing nothing or resting.
	7	Extremely light	Very easy. Minimal effort. Slightly increased heart rate, can talk easily.
	8		
Light – Aerobic endurance	9	Very light	Easy. A gentle walk. Can't hear your breathing, easily hold conversation.
	10		
	11	Light	Energy to continue exercising. Able to talk easily. Can easily continue for long time.
	Considered 'Moderate' 12		
Hard – Steady state	13	Slightly hard	Exercise getting more difficult but manageable. Feel tired but can continue. More challenging to talk.
	14		
	15	Hard	Noticeably more difficult. Start to hear your breathing but not gasping for air.
	↓ 16		
Maximal exertion – Anaerobic threshold	17	Very hard	Very strenuous. Very tired. Breathing is vigorous. Can't talk.
	18		
	19	Maximal	Complete exhaustion. Vigorous breathing, reaching for air. Can't talk.
	20		

Make time each week to get 150 minutes Moderate level exercise.

You can multiply the RPE number by 10 to determine your approximate heart rate.

Keep in mind that when using the RPE scale to measure heart rate during exercise; if you feel your heart is beating too fast while exercising, you should slowly stop the activity and rest.