

Rating of Perceived Exertion (RPE)

Borg RPE Scale		
6	Very, very light	How you feel when lying in bed or sitting in a chair relaxed. Little or no effort.
7		
8		
9		
10	Very light	
11		
11		
12	Somewhat hard	Target range: How you should feel with exercise or activity.
13		
14		
15		
16	Hard	
17		
18	Very hard	How you felt with the hardest work you have ever done.
19		
19		
20		
20	Maximum exertion	Don't work this hard!

The Borg Rating of Perceived Exertion (RPE) is a way of measuring physical activity intensity level. Perceived exertion is how hard you feel like your body is working. It is based on the physical sensations a person experiences during physical activity, including increased heart rate, increased respiration or breathing rate, increased sweating, and muscle fatigue.

The seemingly odd range of 6-20 is to follow the general heart rate of a healthy adult by multiplying by 10. For instance, a perceived exertion of 12 would be expected to coincide with a heart rate of roughly 120 beats per minute.

Self-monitoring how hard your body is working can help you adjust the intensity of the activity by speeding up or slowing down your movements.

Look at the rating scale below while you are engaging in an activity; it ranges from 6 to 20, where 6 means "no exertion at all" and 20 means "maximal exertion." Choose the number from below that best describes your level of exertion. This will give you a good idea of the intensity level of your activity, and you can use this information to speed up or slow down your movements to reach your desired range.