

BORG RPE (Rating of Perceived Exertion) Scale

While doing physical activity, we want you to rate your perception of how hard the exercise or activity feels to you.

Use the table below while you are doing an activity. It ranges from 6 to 20. **6 means "no exertion at all" and 20 means "maximal exertion."**

Choose the number that best describes your perception of how hard you're working. 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 target zone. Try to judge your feeling of exertion as honestly as possible.

6	No Exertion	
7	Extremely light	
8		
9	Very Light	
10		
11	Light	Target Zone 11-13: Deeper breathing but able to hold a conversation.
12		
13	Somewhat Hard	
14		
15	Hard (heavy)	Breathing is hard and getting uncomfortable. STOP for rest.
16		
17	Very Hard	
18		
19	Extremely Hard	
20	Maximal Exertion	

Adapted from: CDC. Measuring Physical Activity Intensity

<http://www.cdc.gov/physicalactivity/basics/measuring/exertion.htm>

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