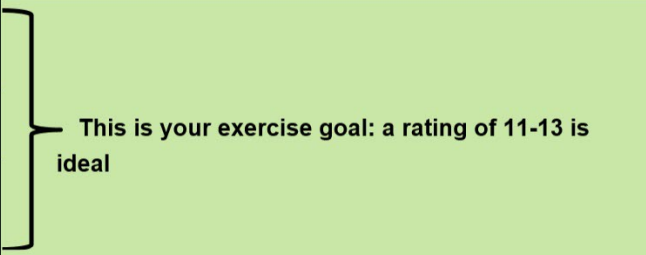




# BORG RPE (Rating of Perceived Exertion) Scale

While doing physical activity, we want you to rate your perception of how hard the exercise or activity feels to you. This is called **exertion** or effort. 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.

Identify the level of exertion you are feeling:		Activity zone instructions
6	No exertion	
7	very very light exertion	
8		
9	very light exertion	
10		
11	fairly light exertion	 <p><b>This is your exercise goal: a rating of 11-13 is ideal</b></p>
12		
13	somewhat hard	
14		 <p><b>Slow down your movements to get back to the green zone</b></p>
15	Hard	
16		
17	very hard	 <p><b>Stop and rest</b></p>
18		
19	very very hard	
20		

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