

Rating of Perceived Exertion

Borg RPE Scale[®]

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

