



# Rating of Perceived Exertion

Borg RPE Scale<sup>®</sup>

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		<b>Target Range.</b>  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.  <b>Don't work this hard!</b>
18		
19	Extremely Hard	
20	Maximum Exertion	