RATING OF PERCEIVED EXERTION (RPE) SCALE

RATING OF PERCEIVED EXERTION BORG CR10 SCALE		
0	Nothing at all	Completely relaxed with no effort
0.5	Extremely light	Little or no effort
1	Very light	Able to talk, sing, whistle
2	**Light**	
3	**Moderate**	**Able to talk**
3.5		***Target range during aerobic exercise = 2 to 5***
4	**Somewhat Heavy**	**Effort to talk**
5	**Heavy**	
6	Very Heavy	Unable to talk, gasping
7		
8		
9		
10	Extremely Heavy	Hardest work with maximum effort