
Rating of Perceived Exertion (RPE) Category Scale

| | |
|----|------------------|
| 6 | |
| 7 | Very, very light |
| 8 | |
| 9 | Very light |
| 10 | |
| 11 | Fairly light |
| 12 | |
| 13 | Somewhat hard |
| 14 | |
| 15 | Hard |
| 16 | |
| 17 | Very hard |
| 18 | |
| 19 | Very, very hard |
| 20 | |

Borg G. Borg's Perceived Exertion and Pan Scales. Champaign, IL: Human Kinetics, 1998.