HILTON HEAD HEALTH

Cardiovascular Rate of Perceived Exertion *(RPE)* Scale

RPE:	FEELS LIKE:
1-2	**VERY LIGHT** Hardly feels like you are exercising; breathing is normal and feels easy.
3-4	**LIGHT** Breathing rate is increasing but still easy and can talk easily in full sentences.
5-6	**MODERATE** Breathing is manageable and can still carry a conversation. Feels like you could sustain this intensity for a while.
7	**INTENSE** Breathing rate has increased; can speak a short sentence or two; focus is necessary.
8-9	**VERY INTENSE** Conversation is almost impossible and breathing is difficult.
10	**EXHAUSTION** Have achieved maximum heart rate and maximum intensity.