

# Borg RPE Scale

rating of perceived exertion

6	NO EXERTION AT ALL
7	
8	EXTREMELY LIGHT
9	
10	VERY LIGHT
11	
12	LIGHT
13	
14	SOMEWHAT HARD
15	
16	HARD
17	
18	VERY HARD
19	
20	EXTREMELY HARD
	MAXIMAL EXERTION