

Rating of perceived exertion (RPE)

Rating of perceived exertion (RPE) is another reliable indicator to monitor your exercise tolerance. The RPE is a means of determining to what degree you are exerting yourself. The scale measures your answer to the question: **“How hard to you feel your exercise is?”** The scale is from 1-10. You will be given a goal RPE to target for your exercise sessions.

**YOUR GOAL
RPE**

How does your exercise feel?	
Rating Number	Perceived Exertion
1	Very Light Activity
2	
3	Light Activity
4	
5	Moderate Activity
6	
7	Hard Activity
8	
9	Maximum Effort
10	