

# HOW HARD AM I WORKING?

*This is the Rate of Perceived Exertion (RPE) Scale. Use this scale to determine how intense you are working during cardiovascular fitness activities.*

10

## MAXIMAL EFFORT

I am completely exhausted and I can't keep going.

9

## VERY HARD INTENSITY

I can barely breathe or speak a single word. I should slow down.

8

## VIGOROUS INTENSITY

If you ask me a question, I can say 1-2 words or grunt in response. I can only keep this pace up for a short time.

7

## VIGOROUS INTENSITY

I can still talk - but I don't really want to! I'm sweating a lot now.

6

## MODERATE INTENSITY

I can still talk but I'm a little breathless. I'm definitely sweating.

5

## MODERATE INTENSITY

I'm a little above comfortable. I can still talk easily but I am sweating more.

4

## LIGHT MODERATE INTENSITY

I'm sweating a little. I feel good and I can chat with others comfortably.

3

## LIGHT INTENSITY

I'm still comfortable, but am breathing a little bit harder.

2

## LIGHT INTENSITY

I'm comfortable and can keep up this pace all day long.

1

## VERY LIGHT INTENSITY

I am lounging on the couch and eating bon bons.

*(Based on the Modified Borg Rating of Perceived Exertion Scale)*