

RATE OF PERCEIVED EXERTION (RPE)

BORG RPE	BREATHING	% OF MAXIMUM HEART RATE
6	No exertion	50-60%
7	Very light	
8		
9		
10	Deeper but comfortable breathing. Able to hold a conversation.	60-70%
11		
12		
13	Aware that breathing is harder. Able to talk but difficult to hold a conversation.	70-80%
14		
15	Starting to breathe hard and getting uncomfortable.	80-90%
16		
17	Deep and forceful breathing. Uncomfortable and not wanting to talk.	90-100%
18		
19		
20	Maximum exertion	