

Rating of Perceived Exertion (RPE)



The Borg Category Rating Scale

How do you feel while you are exercising? If you want to know whether you should increase your effort while exercising or if you are working too hard, tune into your body. Ask yourself how hard you are exercising on a scale of 6 to 20. A 6 is sitting on the couch and a 20 is your maximum exertion level. Base your number off your whole body not just the working muscles.

6	Least Effort
7	very, very light
8	
9	very light
10	
11	fairly light
12	
13	somewhat hard
14	
15	hard
16	
17	very hard
18	
19	very, very hard
20	Maximum effort



The table is overlaid with two starburst graphics. The first starburst, labeled "ENDURANCE TRAINING ZONE", covers ratings 10 through 13. The second starburst, labeled "STRENGTH TRAINING ZONE", covers ratings 14 through 17.

The **talk-sing test**. Another way to evaluate your effort during exercise is to take the talk-sing test. You should be able to talk while exercising but NOT sing.