

Borg RPE Scale®

Use this scale to tell how strenuous and tiring the work feels to you. The exertion is mainly felt as fatigue in your muscles and as breathlessness or possibly aches. When the exercise is hard it also becomes difficult to talk. It is your own feeling of exertion that is important. Don't underestimate it, but don't overestimate it either. For common exercise, such as cycling, running or walking, 11-15 is a good level. For strength and high-intensity interval training (HIIT), 15-19 is good. If you are sick follow your doctor's advice. Look at the scale and the descriptions and then choose a number. Use whatever numbers you want, even numbers between the descriptions.

6	No exertion at all	No muscle fatigue, breathlessness or difficulty in breathing.
7	Extremely light	Very, very light.
8		
9	Very light	Like walking slowly for a short while. Very easy to talk.
10		
11	Light	Like a light exercise at your own pace.
12	Moderate	
13	Somewhat hard	Fairly strenuous and breathless. Not so easy to talk.
14		
15	Hard	Heavy and strenuous. An upper limit for fitness training, as when running or walking fast.
16		
17	Very hard	Very strenuous. You are very tired and breathless. Very difficult to talk.
18		
19	Extremely hard	The most strenuous effort you have ever experienced.
20	Maximal exertion	Maximal heaviness.