

Thrive Total Fitness  
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## **RATE OF PERCEIVED EXERTION CHART (RPE)**

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| <b>10</b>  | <b>Max Effort Activity – 100% Max</b><br>Feels almost impossible to keep going.<br>Completely out of breath, unable to talk          |
| <b>9</b>   | <b>Very Hard Activity – 90% of Max</b><br>Very difficult to maintain exercise intensity<br>Can barely breathe & speak a single word  |
| <b>7-8</b> | <b>Vigorous Activity – 70-80% of Max</b><br>On the verge of becoming uncomfortable<br>Short of breath, can speak a sentence          |
| <b>4-6</b> | <b>Moderate Activity – 40-60% of Max</b><br>Feels like you can exercise for hours<br>Breathing heavily & can carry on a conversation |
| <b>2-3</b> | <b>Light Activity – 20-30% of Max</b><br>Feels like you can maintain for hours<br>Easy to breath & carry a conversation              |
| <b>1</b>   | <b>Very Light Activity – 10% of Max</b><br>Anything other than sleeping<br>Watching TV, riding in a car, etc.                        |