

# RPE - an alternative to measuring your Heart Rate

Your Personal RPE rating is



STAMINA



FITNESS

| <u>% effort</u> | <u>RATING</u> | <u>HOW HARD IT FEELS</u> |
|-----------------|---------------|--------------------------|
| 0               | 6             | doing nothing            |
|                 | 7             |                          |
| 1               | 8             |                          |
| 2               | 9             | very light               |
| 3               | 10            |                          |
| 4               | 11            | light                    |
|                 | 12            |                          |
| 5               | 13            | moderate                 |
|                 | 14            |                          |
| 6               | 15            |                          |
| 7               | 16            | hard                     |
| 8               | 17            |                          |
| 9               | 18            | very hard                |
|                 | 19            |                          |
| 10              | 20            | maximum                  |