

Rating of Perceived Exertion (RPE)

Use this rating scale to help keep track of how hard you are working

10 Flat out	As hard as you can. It takes only a minute or so until you absolutely can't go on. Think 100m sprint.
9 Extremely hard	You are puffing like billyo, and you can't sustain the effort for very long
8 Very hard	You can still go on, but you really have to push yourself
7 Hard	Strong effort needed and you are no longer in your comfort zone
6 Hard	You are definitely puffing, and are no longer in your comfort zone
5 Somewhat hard	Still reasonably comfortable. You don't want to stop yet, but if you went much faster you'd be uncomfortable
4 Slightly more effort	Still feels like you have lots of energy to keep going, but you are beginning to feel like you are doing something
2-3 Light activity	Slow walking or jogging at your own very comfortable pace. You could keep going for hours
1 Very light activity	No effort at all. Sleeping, or sitting/lying watching TV etc

Perceived Exertion

Xiaolong Qi



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