

1 – 10 RPE SCALE

0	REST	
1	EXTREMELY EASY	RESTFUL BREATHING, CAN SING
2	VERY EASY	CAN TALK IN COMPLETE SENTENCES
3	EASY	CAN MAINTAIN FOR HOURS
4	MODERATE	TALKING FIRST BECOMES BROKEN
5	SOMEWHAT HARD	HEAVIER BREATHING BEGINS
6	MODERATELY HARD	DEEP BREATHS, TALKING IS AVOIDED
7	HARD	DEEP FORCEFUL BREATHING (BUT STILL SUSTAINABLE)
8	VERY HARD	LABORED, CANNOT TALK, CANNOT MAINTAIN BEYOND A FEW MINUTES
9	VERY VERY HARD	VERY LABORED, BREATHLESS, CAN ONLY HOLD FOR 1 MINUTES MAX
10	EXTREMELY HARD –MAX!!	GASPING FOR AIR, 5 – 20 SECONDS MAXIMUM