

# **BORG Perceived Exertion Scale (RPE)**

## **- How hard are you working?**

<b>6</b>	
<b>7</b>	<b>Very, very light</b>
<b>8</b>	
<b>9</b>	<b>Very light</b>
<b>10</b>	
<b>11</b>	<b>Fairly light</b>
<b>12</b>	
<b>13</b>	<b>Somewhat hard</b>
<b>14</b>	
<b>15</b>	<b>Hard</b>
<b>16</b>	
<b>17</b>	<b>Very hard</b>
<b>18</b>	
<b>19</b>	<b>Very, very hard</b>
<b>20</b>	