

Rating Of Perceived Exertion Scale

Perceived Exertion is how intense you feel like your body is working.

6 No exertion at all

7
Extremely light
(7.5)

8

9 Very light

10

11 Light

12

13 Somewhat hard

14

15 Hard (Heavy)

16

17 Very hard

18

19 Extremely hard

20 Maximal exertion



