



Rating of Perceived Exertion

While doing physical activity, we want you to rate your perception of exertion. This feeling should reflect how the exercise feels to you, thinking about how it feels for your entire body. Try not to focus on any one part of your body, such as leg pain or shortness of breath, but try to focus on your total feeling of exertion.

Look at the rating scale below while you are participating in an activity; it ranges from 1 to 10, where 1 means "nothing at all" and 10 means "very, very strong." Think of 1 as just sitting on your sofa watching TV, and 10 as pushing as the hardest thing you've ever done. Choose the number from below that best describes your level of exertion. This will give you a good idea of the intensity level of your activity, and you can use this information to speed up or slow down your movements to reach your intensity level. Moderate intensity activity should fall in the 3-5 range, and more vigorous activities should fall into the 5-7 range.

Try to appraise your feeling of exertion as honestly as possible, and not how it compares to other people or how it has felt to you in the past.

Number	Description
10	Very, very strong
9	
8	
7	Very strong
6	
5	Strong
4	Somewhat strong
3	Moderate
2	Weak
1	Nothing at all

Source: American College of Sports Medicine. 2000. Guidelines for Exercise Testing and Prescription (6th ed.).

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