

Rate of Perceived Exertion or RPE Levels		
Number	Subjective	Cues
1-2	Easy	Can't hear breathing
3-5	Easy/Moderate to Moderate	Breathing become audible, can speak in sentences
6	Moderately-Hard	Breathing is deep and regular but not labored; can speak in half-sentences between breaths
7-8	Hard to Very Hard (Threshold is usually in here)	Breathing is involuntary and gaspy, also called "ventilatory threshold," verbal communication getting difficult or implausible
8-9	Extremely Hard	Breathing is desperate, communication in grunts and hand gestures
10	Maximal Effort <i>for the distance</i> (i.e., you can have a 10/10 for 5 seconds and 10/10 for 10 hours)	Communication no longer a pertinent goal