

How hard should I exercise?

The following **Rating of Perceived Exertion Scale (RPE)** is to be used to self monitor your exercise. You should stay within the 12 to 14 range.

How to use the scale:

During exercise we want you to pay close attention to how hard you feel the work rate is. This feeling should be your total amount of exertion and fatigue, combining all sensations and feelings of physical stress, effort and fatigue. Don't concern yourself with any one factor such as leg pain, shortness of breath or exercise intensity, but try to concentrate on your **total, inner feeling of exertion**. Don't underestimate or overestimate, just be as accurate as you can.

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