

Rate of Perceived Exertion (RPE) Index

This Index was created by BC Recreation and Parks Association (BCRPA) to help exercise participants gauge their levels of exertion, and is based on common Rate of Perceived Exertion (RPE) guidelines.

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| 1 | Complete rest. You can easily carry a conversation. |
| 2 | Near-rest. You can carry a conversation with minimal effort. |
| 3 | Easy intensity. You can converse with minimal effort. |
| 4 | Low intensity. While the body is more active, you can converse easily. Rate of respiration may increase, but not significantly. |
| 5 | Starting to get challenging. Conversation requires more effort. |
| 6 | Challenging. Conversation requires effort and you may begin to feel breathless when speaking. |
| 7 | Difficult. You can converse in short sentences only, and you feel breathless in doing so. |
| 8 | Very difficult. You can converse in very short or one-word answers only, with great effort. |
| 9 | You are approaching maximum effort. Conversation is not possible. |
| 10 | Maximum effort. This is sustainable for only a short period of time. |



Excerpt from *Indoor Low Intensity Group Exercise: A Fitness Leader Guide for Reducing Intensity* (www.bcrpa.bc.ca/media/282142/bcrpa-lowering-intensity-guide.pdf)

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