

# Borg RPE Scale

## Patient information

Name:

Date of birth:

Contact information:

Date of assessment:

## Instructions for patient

- Use this scale to tell how strenuous and tiring work feels to you.
- The exertion is mainly felt as fatigue in your muscles and as breathlessness or possibly aches.
- When the exercise is hard it also becomes difficult to talk. Its your own feeling of exertion that is important. Don't underestimate it, but don't overestimate it either.
- For common exercise, such as cycling, running, or walking, 11-15 is a good level.
- For strength and high-intensity interval training (HIIT), 15-19 is good.
- If you are sick follow a doctor's advice.
- Look at the scale and the descriptions and then choose a number.
- Use whatever numbers you want, even numbers between the descriptions.

| #  | Scale              | Description  |
|----|--------------------|--|
| 6  | No exertion at all | No muscle fatigue, breathlessness, or difficulty in breathing.                             |
| 7  | Extremely light    | Very, very light   |
| 8  |                    |  |
| 9  | Very light         | Like walking slowly for a short while. Very easy to talk.                                  |
| 10 |                    |  |
| 11 | Light              | Like a light exercise at your own pace.  |
| 12 | Moderate           |  |
| 13 | Somewhat hard      | Fairly strenuous and breathless. Not so easy to talk.                                      |
| 14 |                    |  |
| 15 | Hard               | Heavy and strenuous. An upper limit for fitness training, as when running or walking fast. |
| 16 |                    |  |
| 17 | Very hard          | Very strenuous. You are very tired and breathless. Very difficult to talk.                 |
| 18 |                    |  |
| 19 | Extremely hard     | The most strenuous effort you have ever experienced.                                       |
| 20 | Maximal exertion   | Maximal heaviness.   |

Total score:

## Scoring

- 6: No exertion (resting)
- 7: Extremely light exertion
- 8-11: Very light to light exertion
- 12-14: Somewhat hard exertion
- 15-16: Hard exertion
- 17-19: Very hard exertion
- 20: Maximum exertion

## Interpretation

The scale is designed so that multiplying the RPE by 10 approximates the heart rate in beats per minute for a healthy individual. For example, an RPE of 15 would correspond to a heart rate of about 150 beats per minute.

- **Light to moderate intensity (RPE 8-14):** Suitable for endurance training and general fitness.
- **Hard to very hard intensity (RPE 15-18):** Often used in strength training and high-intensity workouts.
- **Maximum effort (RPE 19-20):** Reserved for peak performance or extreme exertion

## Additional notes

## Healthcare professional information

Name:

License ID:

Signature:

Date of assessment: