

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: