

Rating Scales

Rating of Perceived Exertion Scale (RPE)

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	

- Use the Rating of Perceived Exertion Scale (RPE) to rate how much effort you are using during your exercise
- Record this on your exercise diary

- Use the Rating of Perceived Pain Scale (RPP) if you experience pain during your exercise
- Record this on your exercise diary

Rating of Perceived Pain Scale (RPP)

0	Nothing at all
0.3	
0.5	Extremely weak (just noticeable)
1	Very weak
1.5	
2	Weak
2.5	
3	Moderate
4	
5	Strong
6	
7	Very strong
8	
9	
10	Extremely strong