

Ratings of Perceived Exertion "RPE"

Original Borg Scale 6-20 Model	Revised Category Scale 0-10 (plus *) Model	Barry's Modified Scale 1-8 Model
6	0 Nothing at all	1 Nothing
7 Very, very light	0.5 Very, very weak	2 Minimal
8	1 Very weak	3 Easy
9 Very light	2 Weak	4 Somewhat hard
10	3 Moderate	5 Hard
11 Fairly light	4 Somewhat strong	6 Very hard
12	5 Strong	7 Too hard
13 Somewhat hard	6	8 Impossible
14	7 Very strong	
15 Hard	8	
16	9	
17 Very hard	10 Very, very strong	
18	* Maximal	
19 Very, very hard		
20		

Begins with 6,* not 1, which is counterintuitive for most people

Each category has 2 levels without distinguishing between them

**The original Borg Scale estimated that the numerical RPE value correlated with heart-rate, e.g., an RPE of 6 corresponds with a heart-rate of 60 bpm; an RPE of 13 corresponds to 130 bpm, etc..*

Begins with 0, not 1

"Strong" has 2 levels without distinguishing between them

"Very strong" has 3 levels without distinguishing between them

What is the difference between "Very strong" an "Very, very strong"?

Asterisk (*) rates higher than 10 on this 10-level scale