

RPE Scale for Kids

RPE stands for **Relative Perceived Exertion**. Relative Perceived Exertion means, "How hard do I feel I am exercising?" It is a tool you use to tell others how your body is feeling when you exercise. Kids who exercise in numbers 4-7 are getting moderate to vigorous exercise. That means your body is getting the right amount to be healthy! You should get 60 minutes of exercise in this range every day.

My Number...	My Face...	This what I may be thinking...	This is what my body may be doing...
1		This exercise is the same as resting.	I am getting ready to exercise, but I don't feel different yet.
2		This exercise isn't hard.	I am getting a little hot. I can still talk normally.
3		I am just beginning to feel like I am exercising.	I am feeling like my body is warming up.
4		I am starting to feel like I am exercising. I feel good!	I can almost talk in a regular voice, but it is getting harder!
5		This exercise is a good workout! I am really working hard.	My cheeks are getting pink. I am getting a little sweaty.

My Number...	My Face...	This what I may be thinking...	This is what my body may be doing...
6		I am exercising more than I thought. It is getting hard to do.	I feel like talking is getting harder – I have to stop sometimes for air.
7		This is pretty hard. I can exercise a little bit longer, then I'll stop.	I am getting really sweaty. My body is hot!
8		This exercise is really hard, but I'm not ready to quit.	I can talk a little, but not too much.
9		I need a break from this very, very hard exercise!	My face looks red. I feel like I need to stop.
10		I'm exercising too much! My body is making me stop now!	My heart is beating very fast and strong. I can't talk.