



RPE - Rate of Perceived Exertion

1	Nothing at all	I'm watching TV and eating Bons Bons
2	Very light	I'm comfortable and can maintain this pace all day long
3	Fairly light	I'm still comfortable but am breathing a bit harder
4	Moderate	I'm sweating a little, but feel good and can carry on a conversation comfortably
5	Some what hard	I'm just above comfortable, am sweating more but can still talk easily
6	A little harder	I can talk but I'm slightly breathless and definitely sweating
7	Hard	I can still talk but I don't want to and I'm sweating like crazy
8	Very hard	I can grunt in response to your questions and can only keep this pace for a short period of time
9	Very, very hard	I'm probably going to die
10	Maximum Exertion	I'm Dead 



Fitness Target Zones:

Intensities and Benefits



Exercise Level	Benefits	Intensity Level (Max HR %)
Light Exercise	Healthy Heart Maintenance	55% - 60%
Weight Loss	Burn Fat & Calories	60% - 70%
Base - Aerobic	Increase stamina & endurance	70% - 80%
Conditioning	Fitness conditioning, muscle building, and athletic training	80% - 90%
Athletic - elite	Athletic training and endurance	90%



Target Heart Rate (THR)

**65-85% During Exercise
based on 220-age formula**



Age	Min-max Heart Rate (BPM)
15	123 - 164
20	120 - 160
25	117 - 156
30	114 - 152
35	111 - 148
40	108 - 144
45	105 - 140
50	102 - 136
55	99 - 132
60	96 - 128
65	90 - 120
70	90 - 120
75	87 - 116