



RPE - Rate of Perceived Exertion

**Intensity Level
(Max HR %)**

1	Nothing at all	Watching TV, eating Bon Bons	<50%
2	Very light	Comfortable, sustainable pace	50%–55%
3	Fairly light	Breathing harder, still at ease	55%–60%
4	Moderate	Sweating lightly, can talk comfortably	64%–70%
5	Somewhat hard	Sweating more, can still talk	70%–75%
6	A little harder	Slightly breathless, sweating	77%–80%
7	Hard	Talking's tough, sweating heavily	80%–85%
8	Very hard	Can only grunt, short bursts	85%–90%
9	Very, very hard	Feels like I'm going to die	90%–95%
10	Maximum Exertion	I'm Dead 🤪	95%–100%

**Note: RPE is subjective and varies by individual fitness level.
Adjust based on how you feel.**

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This information is intended for educational and informational purposes only. It is not intended to replace a one-on-one relationship with your doctor and is not intended as medical advice.



Target Heart Rate (THR)

65-85% During Exercise

Estimated using 220 – age formula. Women's THR may vary

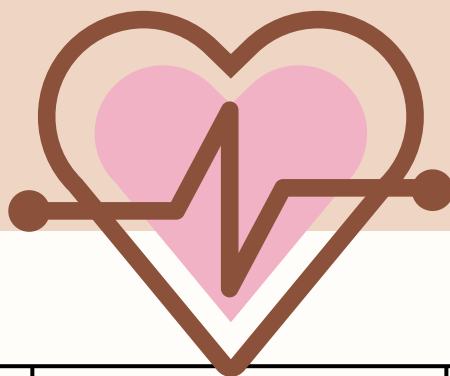


Age	Min-max Heart Rate (BPM)
15	133-174
20	130-170
25	127-166
30	124-162
35	120-157
40	117-153
45	114-149
50	111-145
55	107-140
60	104-136
65	101-132
70	98-128
75	94-123



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	65%–75%
Aerobic Base	Increase Stamina & Endurance	70%–77%
Conditioning	Fitness Conditioning, Muscle Endurance, Athletic Training	77%–85%
Athletic – elite	Athletic Training and Endurance	85%–100%

Note: Intensity levels are estimates. Adjust based on fitness level.