Exercise Log

Physical Rehabilitation

THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Rate of Perceived Exertion (RPE)*

Know your limits and what your body can do. Use RPE to measure how hard the exercise is for you to do on a scale from 0 (no effort) to 10 (maximum effort).

This scale helps you adjust the intensity of your exercise for day-to-day changes in how you feel. **Try to exercise around a RPE rating of 6 to 8.**

	Rating	How hard the exercise feels
	0	No effort
	1	Light effort
	2	Light effort
	3	Moderate effort
	4	Moderate effort
	5	Strong effort
GOAL	**6**	**Strong effort**
GOAL	**7**	**Very strong effort**
GOAL	**8**	**Very strong effort**
	9	Very, very strong effort
	10	Maximum effort

My exercise log

Date/Time	*RPE (0 to 10)	Length of Time Walking	Distanced Walked	Notes

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This resource is for informational purposes only. Talk to your healthcare provider if you have any questions about your care. For more education, contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.

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