SEVENTH REMEDY

Rate of Perceived Exertion (RPE) Method

RPE is a simple way to measure how hard you're working during exercise. Instead of relying on heart rate or weights lifted, you rate your effort based on how you feel, things like breathing, sweating, and muscle fatigue. The goal is to assess your overall intensity, not just one muscle group. Even though it's based on perception, when used consistently, RPE is a great tool for tracking and adjusting workout intensity.

Rate	Perceived Exertion Level
0	No exertion, at rest
1	Very light
2-3	Light
4-5	Moderate, somewhat hard
6-7	High, vigorous
8-9	Very hard
10	Maximum effort, highest possible