**Name (First and Last)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Grade (circle your grade level) 8th, 7th, or 6th**

**P.E. Team # (circle your P.E. team #) 1, 2, 3, 4, 5, or 6**

**Teacher=Mrs. Engst**

**Rate of Perceived Exertion (RPE) Chart for Self-Assessment**

**Directions: Complete each column on the back side of this sheet on the days instructed to do. Be sure to include the following: Date, name of activity, RPE rating (rate yourself using the chart below…. for example if you feel you worked at a level 4 then write a # 4 in the RPE box for that day), and a note to yourself about the activity or how you felt that day.**

**Use the Rate of Perceived Exertion (RPE) chart descriptors below to determine the rating # you will apply as your effort level on the back side of this sheet.**

**RPE Ratings**

**0= No exertion or activity.**

**1=Light exertion. This is how you should feel when you’re warming up, cooling down, and stretching.**

**2=Mild exertion. You’re breathing a little faster. Your heart is pumping a little faster. You’re feeling a little warmer.**

**3=Moderate exertion. You’re breathing pretty hard now, you’re probably sweating. You can talk, but it’s getting tougher.**

**4=Hard exertion. You’re breathing really hard and you can only say a few words at a time. You’re wondering how long you can go on like this.**

**5=Extreme exertion. You cannot keep this pace for more than a minute. Speaking is impossible. This is your limit.**

**The first 3 entries are examples of how to complete each date on your chart below.**

|  |  |  |  |
| --- | --- | --- | --- |
| **DATE** | **ACTIVITY** | **RPE RATING** | **NOTE/DESCRIPTION** |
| **3-12-15** | **Basketball** | **4** | **Great game today** |
| **3-25-15** | **Handball** | **2** | **Did not try** |
| **4-2-15** | **Capture the Treasure** | **2** | **Did not feel well** |
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