

## Borg Scale of Perceived Exertion

### Instruction

Use this rating scale to identify how much you feel you are exerting yourself. To begin, look at the verbal expressions and then the associated numbers.

**When rating exertion** give a number that corresponds to how hard and strenuous you perceive the work to be. The perception of exertion is mainly felt as strain and fatigue in your muscles and as breathlessness or any aches. You are aiming for 3/4 “Moderate” to be somewhat hard.

<b>0</b>	<b>“Nothing at all”</b> means that you don’t feel any exertion whatsoever e.g. no muscle fatigue, no breathlessness or difficulties breathing.
<b>1</b>	<b>“Very weak”</b> means very light exertion. As taking a shorter walk at your own pace.
<b>2</b>	
<b>3</b>	<b>“Moderate”</b> is somewhat but not especially hard. It feels good and not difficult to go on.
<b>4</b>	
<b>5</b>	<b>“Strong”</b> - the work is hard and tiring but continuing isn’t terribly difficult. The effort and exertion are about half as intense as “Maximal”.
<b>6</b>	
<b>7</b>	<b>“Very strong”</b> is quite strenuous. You can still go on, but you really have to push yourself and you are very tired.
<b>8</b>	
<b>9</b>	
<b>10</b>	<b>“Extremely strong – Maximal”</b> is an extremely strenuous level. For most people this is the most strenuous exertion they have ever experienced previously in their lives.