

## Scale for Rating of Perceived Exertion

For the specified task, rate the level of exertion according to the following scale.

Rating	Verbal Anchor
0	Nothing at all
0.5	Extremely Weak (Just Noticeable)
1	Very Weak
2	Weak (Light)
3	Moderate
4	
5	Strong (Heavy)
6	
7	Very Strong
8	
9	
10	Extremely Strong (Almost Maximum)

Borg G. Psychophysical bases of perceived exertion. *Med. Sci. Sports Ex.* 14(5):377-381, 1982

While this scale is similar to that published by Dr. Borg, it is not an official scale and thus should be used with care.