

# BORG SCALE OF PERCEIVED EXERTION

Borg G. Psychophysical bases of perceived exertion. Med Sci Sports Exerc 1982; 14:377-381.

<b>6</b>	<b>Really, really easy</b>	
<b>7</b>		
<b>8</b>		
<b>9</b>		<b>Really easy</b>
<b>10</b>		
<b>11</b>	<b>Fairly easy</b>	
<b>12</b>	<b>Moderate</b>	
<b>13</b>		<b>Somewhat hard</b>
<b>14</b>		
<b>15</b>		<b>Hard</b>
<b>16</b>		
<b>17</b>	<b>Really hard</b>	
<b>18</b>		
<b>19</b>		<b>Really, really hard</b>
<b>20</b>		<b>Maximum effort</b>