

BORG'S PERCEIVED EXERTIONSCALE (Human Kinetics 1998)

During your activity, rate your response based on the exertion scale range of 6 (minimal activity) to 20 (intense level)

6 = No exertion at all

7 = Extremely light

9 = Very light (easy walking slowly at a comfortable pace)

11 = Light

13 = Somewhat hard (quite an effort but can continue)

15 = Hard (heavy)

17 = Very hard (very strenuous, and very fatigued)

19 = Extremely hard (can not continue for long at this pace)

20 = Maximal exertion