

Rating of Perceived Exertion Borg CR10 Scale

0	Nothing at all	How you feel when lying in bed or sitting in a chair relaxed.
0.3		
0.5	Extremely Weak	
0.7		
1	Very Weak	
1.5		Little or no effort.
2	Weak	Target range: How you should feel with exercise or activity.
2.5		
3	Moderate	
4		
5	Strong	How you felt with the hardest work you have ever done.
6		
7	Very Strong	
8		
9		
10	Extremely Strong	
•	Absolute Maximum	Don't work this hard!

- TeleRehab™ Advantage Cardiopulmonary Monitoring System
- NICORE™ External Counterpulsation (ECP) Therapy System