

# Rating of Perceived Exertion Borg RPE Scale

6	Very, very light	How you feel when lying in bed or sitting in a chair relaxed. Little or no effort.	
7			
8			
9			Very light
10			
11	Fairly light		
12	Somewhat hard	Target range: How you should feel with exercise or activity.	
13			
14			
15	Hard		
16			
17	Very hard		How you felt with the hardest work you have ever done.
18	Very, very hard	Don't work this hard!	
19			
20			Maximum exertion

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

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