

Rating of Perceived Exertion

Borg CR10 Scale[®]

0	Nothing at All	How you feel when relaxed, lying in a bed or sitting in a chair. Little or no effort.
0.3		
0.5	Extremely Weak	
0.7		
1	Very Weak	
1.5		
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!

