

Borg RPE scale®

- Rating of Perceived Exertion

6 No exertion at all

7 Extremely light

8

9 Very light

10

11 Light

12

13 Somewhat hard

14

15 Hard (heavy)

16

17 Very hard

18

19 Extremely hard

20 Maximal exertion

Recommended instructions for test subject:

We want you to estimate the overall exertion, i.e. try to combine the central exertion as well as the exertion in legs/arms. Try to be as honest and spontaneous as possible without thinking too long. Try not to underestimate or overestimate. The important thing is your own feeling of exertion and not what you think other people think.

Consider the scale and the directive descriptions of exertion, but then select a figure. You can pick either figure, not just the ones with a description attached.

Referens: Borg G. (1970). Perceived exertion as an indicator of somatic stress. *Scand J Rehabil Med* **2**, 92-98.