

The Rating of Perceived Exertion Scale

Rating	Verbal Rating	Exertion
6		No effort at all. Sitting doing nothing.
7	Very, very light	Your effort is just noticeable.
8		
9	Very light	Walking slowly at your own pace.
10		Light effort.
11	Fairly Light	Still feels like you have enough energy to continue exercising.
12		
13	Somewhat Hard	
14		Strong effort needed.
15	Hard	
16		Very strong effort needed.
17	Very Hard	You can go on but really have to push yourself. The exercise feels very heavy and you are very tired.
18		
19	Very, very hard.	For most people, this is the most strenuous exercise they have ever done. Almost maximal effort.
20		Absolute maximal effort (highest possible). Exhaustion.

BORG, G. (1970) Perceived Exertion as an indicator of somatic stress. *Scandinavian journal of Rehabilitation Medicine*, 2 (2), p. 92-98