



EXERTION: how do you feel?

6	No effort at all (REST)
7	Very Very Light
8	
9	Very Light
10	
11	Fairly Light
12	
13	Somewhat Hard
14	
15	Hard
16	
17	Very Hard
18	
19	Very Very Hard
20	Maximal Effort

Ratings of Perceived Exertion (6-20 Borg point scale)

Borg G. Borg's perceived exertion and pain scales. Champaign, IL: Human Kinetics; 1998.



EXERTION: how do you feel?

0	No effort at all (REST)
1	Very Easy
2	Somewhat Easy
3	Moderate
4	Somewhat Hard
5	Hard
6	
7	Very Hard
8	
9	Very Very Hard
10	Maximal Effort

Ratings of Perceived Exertion (0-10 Modified Borg point scale)

BREATHING: how is your breathing?

0	No breathlessness
0.5	Just noticeable
1	Very slightly breathless
2	Slightly breathless
3	Moderately breathless
4	Somewhat severely breathless
5	Severely breathless
6	
7	Very severely breathless
8	
9	Very very severely breathless
10	Maximal breathlessness