

Borg Rating of Perceived Exertion

Green	6	Zero Exertion
	7	Extremely light
	8	Minimal effort
Yellow	9	Very light exertion (comfortable)
	10	Just start to hear breathing
	11	Conversation is easy
	12	Light exertion
Orange	13	Somewhat hard
	14	Breathing hard but not struggling
	15	Can converse but not full sentences
	16	Hard work
Red	17	Very hard - getting uncomfortable
	18	Can no longer converse
	19	Extremely hard - body is screaming
	20	Maximal exertion

Borg Scale For Rating Perceived Exertion

Annelies Wilder-Smith



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