

Perceived Exertion Scale (Modified Borg Scale)

Perceived exertion is simply “how hard this activity feels to you.” It refers to the total amount of effort you put forth. It takes into account your feelings of exertion, physical stress and fatigue. Try not to focus on any one factor, such as leg discomfort or shortness of breath; rather, think about your **total, inner feeling** of exertion. Do not include incisional pain in the rating if you have had surgery.

- A rating of “0” means you feel no exertion or breathlessness.
- A rating of “.5” means you feel the same as if you were sitting comfortably in a chair.
- A rating of “10” means that you are putting forth the most effort you can possibly give.

Perceived Exertion Scale

0 =	No exertion/breathlessness
.5 =	Very, very light
1 =	Very light
2 =	Light
3 =	Moderate
4 =	Somewhat hard
5 =	Hard
6 =	
7 =	Very Hard
8 =	
9 =	Very, Very Hard
10 =	Maximal

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.