

How it Feels Scale

Borg Scale	Effort	How it feels
6	Very, very light	Nothing, just noticeable
7		
8	Very light	Aware you are moving, doing something
9		
10	Light	Fine, no problems, no additional demands
11		
12	Somewhat hard	Breathing a little stronger, able to talk, but OK
13		
14	Hard	More out of breath, still able to talk but getting tired
15		Tired, breathing heavier, still OK
16	Very hard	Very tired, have to push yourself, difficulty in talking
17		
18	Extremely Hard	Very strenuous, really have to push to continue, very heavy, very, very tired
19		Cannot continue for much longer
20	Maximum	Exhausted



BODYFOCUS

023 9224 1764 / 078 5484 8201

terribryant@btinternet.com

www.bodyfocus.org.uk