

Rate of perceived exertion

EXERTION LEVEL IN WORDS (BORG)	BORG SCALE (6-20)	EXERTION LEVEL IN WORDS (CR10)	CR10 SCALE (0-10)
No exertion at all	6	Nothing at all	0
Extremely light	7-8	Extremely weak (just noticeable)	0.5
Very light	9-10	Very weak	1
Light	11	Weak (light)	2
	12	Moderate	3
Somewhat hard	13	Somewhat strong	4
	14	Strong (heavy)	5
Hard	15		6
	16	Very strong	7
	17		8
	18		9
Extremely hard	19	Extremely strong (almost max.)	10
Maximal exertion	20	Maximal	*

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