

Borg Rate of Perceived Effort

“How would you rate your effort of walking?”

0	Complete rest
1	Very, very easy
2	Easy
3	Moderate
4	Somewhat hard
5	Hard
6	
7	Very hard
8	
9	
10	Extremely hard (almost maximal)

VISUAL ANALOGUE SCALE (VAS)

10

9

8

7

6

5

4

3

2

1

0
