

## Borg Rate of Perceived Effort

*“How would you rate your effort of walking?”*

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

# VISUAL ANALOGUE SCALE (VAS)

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10

9

8

7

6

5

4

3

2

1

0

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