Rating of Perceived Exertion Borg RPE Scale

6 7 8 9	Very, very light Very light	How you feel when lying in bed or sitting in a chair relaxed. Little or no effort.
11	Fairly light	
12 13 14 15 16	Somewhat hard Hard	Target range: How you should feel with exercise or activity.
17 18 19 20	Very hard Very, very hard Maximum exertion	How you felt with the hardest work you have ever done. Don't work this hard!