

Borg RPE-skalan®

Perceived exertion

6 No exertion at all

7 Extremely light

8

9 Very light

10

11 Light

12

13 Somewhat hard

14

15 Hard

16

17 Very hard

18

19 Extremely hard

20 Maximal exertion

Borg-RPE-scale®

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Using the Borg-RPE-scale® you estimate your sense of exertion during a period of physical activity. Learning to read your body's signals increases your awareness of how your body works.

Look at the scale and use the words in the list when you estimate your perceived exertion. Then select the right number. Try to be as spontaneous and honest as possible. The feeling of exertion, for example, is for your whole body: tiredness in your muscles and shortness of breath. Exertion levels of 11-15 (light, somewhat hard, hard) can give a number of positive health effects.
