

Rating of Perceived Exertion / The Borg Scale

Green	6	Zero exertion
	7	Extremely light
	8	Minimal recognition of effort
Yellow	9	Very light exertion (Comfortable walking pace)
	10	Can just start to hear your breathing
	11	Conversation is easy and you can run like this for a while
	12	Light exertion
Orange	13	Somewhat hard
	14	You can hear your breathing but you're not struggling
	15	You can talk but not in full sentences
	16	Hard work
Red	17	Very hard – Starting to get uncomfortable
	18	You can no longer talk because of your breathing
	19	Extremely hard – Your body is screaming at you
	20	Maximal exertion

VISUAL ANALOGUE SCALE (VAS)

Rate Your Overall Condition

Choose a number from 0 to 10 and describe your condition.



0

Feel Terrific
No Symptoms



2

Feel some
symptoms but
quite tolerable



4

Symptoms a
little worse



6

Symptoms
worse



8

Symptoms
much worse



10

Feel Terrible
Worst I ever felt

BE SURE TO TELL YOUR DOCTOR THE CONDITION YOU ARE IN