

**BORG SCALE OF PERCEIVED EXERTION**

<b>6</b>	
<b>7</b>	<b>Very, Very Light</b>
<b>8</b>	
<b>9</b>	<b>Very Light</b>
<b>10</b>	
<b>11</b>	<b>Fairly Light</b>
<b>12</b>	
<b>13</b>	<b>Somewhat Hard</b>
<b>14</b>	
<b>15</b>	<b>Hard</b>
<b>16</b>	
<b>17</b>	<b>Very Hard</b>
<b>18</b>	
<b>19</b>	<b>Very, Very Hard</b>
<b>20</b>	