

Modified Borg Scale

Name	Date
<p>The Modified Borg Scale is a subjective rating scale that is commonly used to measure a person's perceived exertion during physical activity.</p> <p>The scale consists of a range of numbers from 0 to 10, where 0 represents no exertion at all, and 10 represents the maximum exertion a person can tolerate. Participants are asked to rate their perceived level of exertion on the scale during or immediately after physical activity.</p>	
Level	Description
0	Nothing at all
0.5	Very, very slight (just noticeable)
1	Very slight
2	Slight
3	Moderate
4	Somewhat severe
5	Severe
6	
7	Very severe
8	
9	Very, very severe (almost maximal)
10	Maximal
Rating:	
Additional notes	