

## Appendix G

### MODIFIED BORG – RATE OF PERCEIVED EXERTION

Taken from: Continuing Medical Education, Dalhousie Faculty of Medicine  
[http://cme.medicine.dal.ca/online/demo\\_ecp/exertion.html](http://cme.medicine.dal.ca/online/demo_ecp/exertion.html)  
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The Modified BORG or RPE scale can be used for patients to rate how strenuously they feel they are exercising. The RPE refers to the total amount of exertion or fatigue a patient is feeling, not just a single factor like leg pain or shortness of breath.

value	description	example
0	nothing	At rest – there is no feeling of fatigue
0.5	Very, very light	Working at a desk, reading, watching TV – physically at rest
1	Very light	Getting dressed – little or no fatigue
2	Fairly moderate	Feeling you might get while slowly walking across the yard
3	Moderate	Comfortable, but slightly elevated breathing. You should be able to talk while walking
4	Somewhat hard	Walking briskly. Breathing is deeper and slight feeling of fatigue
5	Hard	Rushing. General fatigue but able to maintain this level. Breathing is somewhat deep
6		
7	Very hard	Vigorous exercise. Definite feeling of fatigue and breathing hard
8		Vigorous exercise. Feeling of fatigue and breathing hard. Difficult to maintain.
9	Very, very hard	Extremely vigorous exercise. Very definite feeling of fatigue and labored breathing. Could you sustain exercise at this level for a long time.
10	Maximal	All out exercise/exhaustion

Patients should exercise between a 3-4 level.