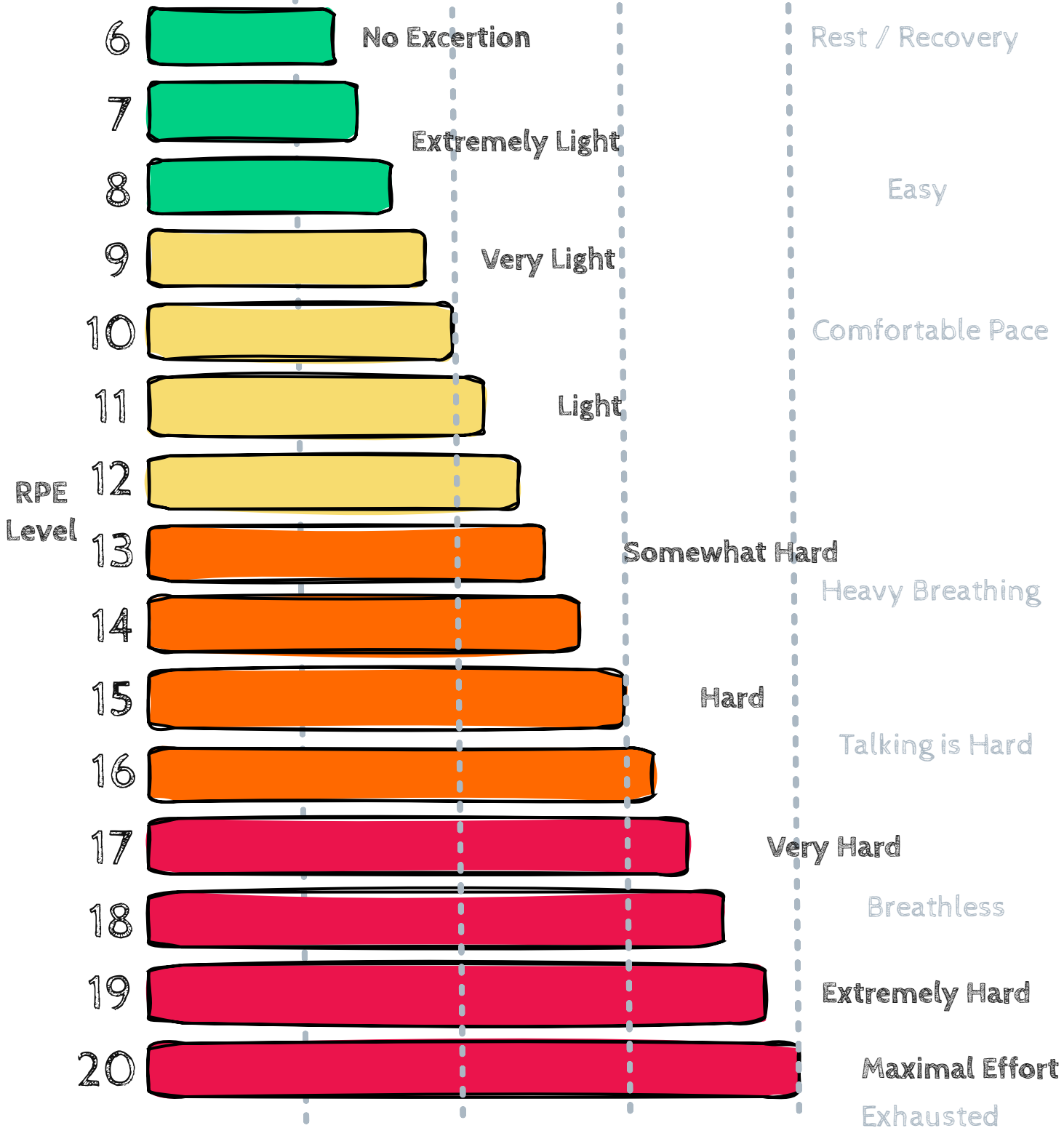


# Borg Scale

## Rate Perceived Effort (RPE)

0 5 10 15 20 25



RPE Level X 10 = Approximate Heart Rate