

Borg Score/ Breathlessness scale:

This is a scale that asks you to rate the difficulty of your breathing. It starts at number 0 where your breathing is causing you no difficulty at all and progresses through to number 10 where your breathing difficulty is maximal.

How much difficulty is your breathing causing you right now?

During exercise you should try to work at number 3-4. This is where you are feeling moderately breathless on exercise.

Stop exercising if you experience chest pain or symptoms of angina, if you **are too** breathless to continue, experience increased wheeze or any other symptoms; such as calf pain, dizziness or nausea.

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