

## The Borg Breathlessness Scale

### Instruction

You are aiming to work 1-2 points higher on the score than you are rest and aim to work at the 4 mark; so, you are comfortably breathless and able to talk in short sentences.

Scale	Severity
<b>0</b>	Not at all
<b>0.5</b>	Very very slight (just noticeable)
<b>1</b>	Very slight
<b>2</b>	Slight
<b>3</b>	Moderate
<b>4</b>	Somewhat severe
<b>5</b>	Severe
<b>6</b>	
<b>7</b>	Very severe
<b>8</b>	
<b>9</b>	Very very severe (almost Maximum)
<b>10</b>	