

Appendix O
Borg and Thermal Sensation Scale

EXERTION LEVEL

6	No exertion at all
7	
7.5	Extremely light
8	
9	Very light (e.g. walking slowly at your own pace for several minutes)
10	
11	Light
12	
13	Somewhat hard (still feels OK to continue)
14	
15	Hard (heavy work)
16	
17	Very hard (healthy person can still go on, but they have to really push themselves, and they feel very tired)
18	
19	Extremely hard

20 Maximal exertion

THERMAL SENSATION

0.0 Unbearably Cold

0.5

1.0 Very cold

1.5

2.0 Cold

2.5

3.0 Cool

3.5

4.0 Comfortable

4.5

5.0 Warm

5.5

6.0 Hot

6.5

7.0 Very hot

7.5

8.0 Unbearably hot

