

**BORG BREATHLESSNESS SCALE**

**0 Not at all**

**0.5 Very, very slight (just noticeable)**

**1 Very slight**

**2 Slight**

**3 Moderate**

**4 Somewhat**

**5 Severe**

**6**

**7 Very severe**

**8**

**9 Very, very severe (almost maximal)**

**10 Maximal**