MODIFIED BORG DYPSNEA SCALE

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

I am slightly out of breath.

I can talk but cannot sing.

Reference:
Borg G. A. (1982). Psychophysical bases of perceived exertion. Medicine and science in sports and exercise, 14(5), 377–381.