

The 2011 Compendium of Physical Activities: Tracking Guide

1993		2000		2011		Description	* Code and METs in <b>red</b> and <i>italics</i> are estimated.
Code	METs	Code	METs	Code	METs		
<b>Bicycling</b>							
				<b>01003</b>	<b>14.0</b>	bicycling, mountain, uphill, vigorous	
				<b>01004</b>	<b>16.0</b>	bicycling, mountain, competitive, racing	
				<b>01008</b>	<b>8.5</b>	bicycling, BMX	
01009	8.5	01009	8.5	<b>01009</b>	<b>8.5</b>	bicycling, mountain, general	
01010	4.0	01010	4.0	<b>01010</b>	<b>4.0</b>	bicycling, <10 mph, leisure, to work or for pleasure (Taylor Code 115)	
				<b>01011</b>	<b>6.8</b>	bicycling, to/from work, self selected pace	
				<b>01013</b>	<b>5.8</b>	bicycling, on dirt or farm road, moderate pace	
		01015	8.0	<b>01015</b>	<b>7.5</b>	bicycling, general	
				<b>01018</b>	<b>3.5</b>	bicycling, leisure, 5.5 mph	
				<b>01019</b>	<b>5.8</b>	bicycling, leisure, 9.4 mph	
01020	6.0	01020	6.0	<b>01020</b>	<b>6.8</b>	bicycling, 10-11.9 mph, leisure, slow, light effort	
01030	8.0	01030	8.0	<b>01030</b>	<b>8.0</b>	bicycling, 12-13.9 mph, leisure, moderate effort	
01040	10.0	01040	10.0	<b>01040</b>	<b>10.0</b>	bicycling, 14-15.9 mph, racing or leisure, fast, vigorous effort	
01050	12.0	01050	12.0	<b>01050</b>	<b>12.0</b>	bicycling, 16-19 mph, racing/not drafting or > 19 mph drafting, very fast, racing general	
01060	16.0	01060	16.0	<b>01060</b>	<b>15.8</b>	bicycling, > 20 mph, racing, not drafting	
				<b>01065</b>	<b>8.5</b>	bicycling, 12 mph, seated, hands on brake hoods or bar drops, 80 rpm	
				<b>01066</b>	<b>9.0</b>	bicycling, 12 mph, standing, hands on brake hoods, 60 rpm	
01070	5.0	01070	5.0	<b>01070</b>	<b>5.0</b>	unicycling	
<b>Conditioning Exercise</b>							
				<b>02001</b>	<b>2.3</b>	activity promoting video game (e.g., Wii Fit), light effort (e.g., balance, yoga)	
				<b>02003</b>	<b>3.8</b>	activity promoting video game (e.g., Wii Fit), moderate effort (e.g., aerobic, resistance)	
				<b>02005</b>	<b>7.2</b>	activity promoting video/arcade game (e.g., Exergaming, Dance Dance Revolution), vigorous effort	
				<b>02008</b>	<b>5.0</b>	army type obstacle course exercise, boot camp training program	
02010	7.0	02010	7.0	<b>02010</b>	<b>7.0</b>	bicycling, stationary, general	
02011	3.0	02011	3.0	<b>02011</b>	<b>3.5</b>	bicycling, stationary, 30-50 watts, very light to light effort	
02012	5.5	02012	5.5	<b>02012</b>	<b>6.8</b>	bicycling, stationary, 90-100 watts, moderate to vigorous effort	
02013	7.0	02013	7.0	<b>02013</b>	<b>8.8</b>	bicycling, stationary, 101-160 watts, vigorous effort	
02014	10.5	02014	10.5	<b>02014</b>	<b>11.0</b>	bicycling, stationary, 161-200 watts, vigorous effort	
02015	12.5	02015	12.5	<b>02015</b>	<b>14.0</b>	bicycling, stationary, 201-270 watts, very vigorous effort	
				<b>02017</b>	<b>4.8</b>	bicycling, stationary, 51-89 watts, light-to-moderate effort	
				<b>02019</b>	<b>8.5</b>	bicycling, stationary, RPM/Spin bike class	
02020	8.0	02020	8.0	<b>02020</b>	<b>8.0</b>	calisthenics (e.g., push ups, sit ups, pull-ups, jumping jacks), vigorous effort	
				<b>02022</b>	<b>3.8</b>	calisthenics, (e.g., push ups, sit ups, pull-ups, lunges), moderate effort	
				<b>02024</b>	<b>2.8</b>	calisthenics (e.g., situps, abdominal crunches), light effort	
02030	3.5	02030	3.5	<b>02030</b>	<b>3.5</b>	calisthenics, light or moderate effort, general (e.g., back exercises), going up & down from floor (Taylor Code 150)	
				<b>02035</b>	<b>4.3</b>	circuit training, moderate effort	

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
02040	8.0	02040	8.0	<b>02040</b>	<b>8.0</b>	circuit training, including kettlebells, some aerobic movement with minimal rest, general, vigorous intensity
				<b>02045</b>	<b>3.5</b>	Curves™ exercise routines in women
				<b>02048</b>	<b>5.0</b>	Elliptical trainer, moderate effort
02050	6.0	02050	6.0	<b>02050</b>	<b>6.0</b>	resistance training (weight lifting - free weight, nautilus or universal), power lifting or body building, vigorous effort (Taylor Code 210)
				<b>02052</b>	<b>5.0</b>	resistance (weight) training, squats , slow or explosive effort
				<b>02054</b>	<b>3.5</b>	resistance (weight) training, multiple exercises, 8-15 repetitions at varied resistance
02060	5.5	02060	5.5	<b>02060</b>	<b>5.5</b>	health club exercise, general (Taylor Code 160)
				<b>02061</b>	<b>5.0</b>	health club exercise classes, general, gym/weight training combined in one visit
				<b>02062</b>	<b>7.8</b>	health club exercise, conditioning classes
				<b>02064</b>	<b>3.8</b>	home exercise, general
02065	9.0	02065	9.0	<b>02065</b>	<b>9.0</b>	stair-treadmill ergometer, general
				<b>02068</b>	<b>12.3</b>	rope skipping, general
02070	7.0	02070	7.0	<b>02070</b>	<b>6.0</b>	rowing, stationary ergometer, general, vigorous effort
02071	3.5	02071	3.5	<b>02071</b>	<b>4.8</b>	rowing, stationary, general, moderate effort
02072	7.0	02072	7.0	<b>02072</b>	<b>7.0</b>	rowing, stationary, 100 watts, moderate effort
02073	8.5	02073	8.5	<b>02073</b>	<b>8.5</b>	rowing, stationary, 150 watts, vigorous effort
02074	12.0	02074	12.0	<b>02074</b>	<b>12.0</b>	rowing, stationary, 200 watts, very vigorous effort
02080	7.0	02080	7.0	<b>02080</b>	<b>6.8</b>	ski machine, general
				<b>02085</b>	<b>11.0</b>	slide board exercise, general
02090	6.0	02090	6.0	<b>02090</b>	<b>6.0</b>	slimnastics, jazzercise
02100	2.5	02100	2.5			stretching, hatha yoga ( <i>Now code = 02150</i> )
		02101	2.5	<b>02101</b>	<b>2.3</b>	stretching, mild
				<b>02105</b>	<b>3.0</b>	pilates, general
02110	6.0	02110	6.0	<b>02110</b>	<b>6.8</b>	teaching exercise class (e.g., aerobic, water)
				<b>02112</b>	<b>2.8</b>	therapeutic exercise ball, Fitball exercise
				<b>02115</b>	<b>2.8</b>	upper body exercise, arm ergometer
				<b>02117</b>	<b>4.3</b>	upper body exercise, stationary bicycle - Airdyne (arms only) 40 rpm, moderate
02120	4.0	02120	4.0	<b>02120</b>	<b>5.3</b>	water aerobics, water calisthenics, water exercise
02130	3.0	02130	3.0			weight lifting (free, nautilus or universal), light or moderate effort, light workout, general ( <i>Now code = 02052</i> )
02135	1.0	02135	1.0	<b>02135</b>	<b>1.3</b>	whirlpool, sitting
				<b>02140</b>	<b>2.3</b>	video exercise workouts, TV conditioning programs (e.g., yoga, stretching), light effort
				<b>02143</b>	<b>4.0</b>	video exercise workouts, TV conditioning programs (e.g., cardio-resistance), moderate effort
				<b>02146</b>	<b>6.0</b>	video exercise workouts, TV conditioning programs (e.g., cardio-resistance), vigorous effort
				<b>02150</b>	<b>2.5</b>	yoga, Hatha
				<b>02160</b>	<b>4.0</b>	yoga, Power
				<b>02170</b>	<b>2.0</b>	yoga, Nadisodhana

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
				<b>02180</b>	<b>3.3</b>	yoga, Surya Namaskar
				<b>02200</b>	<b>5.3</b>	native New Zealander physical activities (e.g., Haka Powhiri, Moteatea, Waita Tira, Whakawatea, etc.), general, moderate effort
				<b>02205</b>	<b>6.8</b>	native New Zealander physical activities (e.g., Haka, Taiahab), general, vigorous effort
<b>Dancing</b>						
03010	6.0	03010	4.8	<b>03010</b>	<b>5.0</b>	ballet, modern, or jazz, general, rehearsal or class
				<b>03012</b>	<b>6.8</b>	ballet, modern, or jazz, performance, vigorous effort
				<b>03014</b>	<b>4.8</b>	tap
03015	6.0	03015	6.5	<b>03015</b>	<b>7.3</b>	aerobic, general
		03016	8.5	<b>03016</b>	<b>7.5</b>	aerobic, step, with 6 - 8 inch step
		03017	10.0	<b>03017</b>	<b>9.5</b>	aerobic, step, with 10 - 12 inch step
				<b>03018</b>	<b>5.5</b>	aerobic, step, with 4-inch step
				<b>03019</b>	<b>8.5</b>	bench step class, general
03020	5.0	03020	5.0	<b>03020</b>	<b>5.0</b>	aerobic, low impact
03021	7.0	03021	7.0	<b>03021</b>	<b>7.3</b>	aerobic, high impact
				<b>03022</b>	<b>10.0</b>	aerobic dance wearing 10-15 lb weights
03025	4.5	03025	4.5	<b>03025</b>	<b>4.5</b>	ethnic or cultural dancing (e.g., Greek, Middle Eastern, hula, salsa, merengue, bamba y plena, flamenco, belly, and swing)
03030	5.5	03030	5.5	<b>03030</b>	<b>5.5</b>	ballroom, fast (Taylor Code 125)
		03031	4.5	<b>03031</b>	<b>7.8</b>	general dancing (e.g., disco, folk, Irish step dancing, line dancing, polka, contra, country)
				<b>03038</b>	<b>11.3</b>	ballroom dancing, competitive, general
03040	3.0	03040	3.0	<b>03040</b>	<b>3.0</b>	ballroom, slow (e.g., waltz, foxtrot, slow dancing, samba, tango, 19 <sup>th</sup> century dance, mambo, cha cha)
		03050	5.5	<b>03050</b>	<b>5.5</b>	Anishinaabe Jingle Dancing
				<b>03060</b>	<b>3.5</b>	Caribbean dance (Abakua, Beguine, Bellair, Bongo, Brukin's, Caribbean Quadrills, Dinki Mini, Gere, Gumbay, Ibo, Jonkonnu, Kumina, Oreisha, Jambu)
<b>Fishing and Hunting</b>						
04001	4.0	04001	3.0	<b>04001</b>	<b>3.5</b>	fishing, general
				<b>04005</b>	<b>4.5</b>	fishing, crab fishing
				<b>04007</b>	<b>4.0</b>	fishing, catching fish with hands
04010	4.0	04010	4.0	<b>04010</b>	<b>4.3</b>	fishing related, digging worms, with shovel
04020	5.0	04020	4.0	<b>04020</b>	<b>4.0</b>	fishing from river bank and walking
04030	2.8	04030	2.5	<b>04030</b>	<b>2.0</b>	fishing from boat or canoe, sitting
04040	3.5	04040	3.5	<b>04040</b>	<b>3.5</b>	fishing from river bank, standing (Taylor Code 660)
04050	6.0	04050	6.0	<b>04050</b>	<b>6.0</b>	fishing in stream, in waders (Taylor Code 670)
04060	2.0	04060	2.0	<b>04060</b>	<b>2.0</b>	fishing, ice, sitting
				<b>04061</b>	<b>1.8</b>	fishing, jog or line, standing, general
				<b>04062</b>	<b>3.5</b>	fishing, dip net, setting net and retrieving fish, general
				<b>04063</b>	<b>3.8</b>	fishing, set net, setting net and retrieving fish, general

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
				<b>04064</b>	<b>3.0</b>	fishing, fishing wheel, setting net and retrieving fish, general
				<b>04065</b>	<b>2.3</b>	fishing with a spear, standing
04070	2.5	04070	2.5	<b>04070</b>	<b>2.5</b>	hunting, bow and arrow, or crossbow
04080	6.0	04080	6.0	<b>04080</b>	<b>6.0</b>	hunting, deer, elk, large game (Taylor Code 170)
				<b>04081</b>	<b>11.3</b>	hunting large game, dragging carcass
				<b>04083</b>	<b>4.0</b>	hunting large marine animals
				<b>04085</b>	<b>2.5</b>	hunting large game, from a hunting stand, limited walking
				<b>04086</b>	<b>2.0</b>	hunting large game from a car, plane, or boat
04090	2.5	04090	2.5	<b>04090</b>	<b>2.5</b>	hunting, duck, wading
				<b>04095</b>	<b>3.0</b>	hunting, flying fox, squirrel
04100	5.0	04100	5.0	<b>04100</b>	<b>5.0</b>	hunting, general
04110	6.0	04110	6.0	<b>04110</b>	<b>6.0</b>	hunting, pheasants or grouse (Taylor Code 680)
				<b>04115</b>	<b>3.3</b>	hunting, birds
04120	5.0	04120	5.0	<b>04120</b>	<b>5.0</b>	hunting, rabbit, squirrel, prairie chick, raccoon, small game (Taylor Code 690)
				<b>04123</b>	<b>3.3</b>	hunting, pigs, wild
				<b>04124</b>	<b>2.0</b>	trapping game, general
				<b>04125</b>	<b>9.5</b>	hunting, hiking with hunting gear
04130	2.5	04130	2.5	<b>04130</b>	<b>2.5</b>	pistol shooting or trap shooting, standing
				<b>04140</b>	<b>2.3</b>	rifle exercises, shooting, lying down
				<b>04145</b>	<b>2.5</b>	rifle exercises, shooting, kneeling or standing
<b>Home Activities</b>						
05010	2.5	05010	3.3	<b>05010</b>	<b>3.3</b>	cleaning, sweeping carpet or floors, general
				<b>05011</b>	<b>2.3</b>	cleaning, sweeping, slow, light effort
				<b>05012</b>	<b>3.8</b>	cleaning, sweeping, slow, moderate effort
05020	4.5	05020	3.0	<b>05020</b>	<b>3.5</b>	cleaning, heavy or major (e.g. wash car, wash windows, clean garage), moderate effort
		05021	3.5	<b>05021</b>	<b>3.5</b>	cleaning, mopping, standing, moderate effort
				<b>05022</b>	<b>3.2</b>	cleaning windows, washing windows, general
				<b>05023</b>	<b>2.5</b>	mopping, standing, light effort
				<b>05024</b>	<b>4.5</b>	polishing floors, standing, walking slowly, using electric polishing machine
		05025	2.5	<b>05025</b>	<b>2.8</b>	multiple household tasks all at once, light effort
		05026	3.5	<b>05026</b>	<b>3.5</b>	multiple household tasks all at once, moderate effort
		05027	4.0	<b>05027</b>	<b>4.3</b>	multiple household tasks all at once, vigorous effort
05030	3.5	05030	3.0	<b>05030</b>	<b>3.3</b>	cleaning, house or cabin, general, moderate effort
				<b>05032</b>	<b>2.3</b>	dusting or polishing furniture, general
				<b>05035</b>	<b>3.3</b>	kitchen activity, general, (e.g., cooking, washing dishes, cleaning up), moderate effort
05040	2.5	05040	2.5	<b>05040</b>	<b>2.5</b>	cleaning, general (straightening up, changing linen, carrying out trash, light effort)
05041	2.3	05041	2.3	<b>05041</b>	<b>1.8</b>	wash dishes, standing or in general (not broken into stand/walk components)

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
05042	2.3	05042	2.5	<b>05042</b>	<b>2.5</b>	wash dishes, clearing dishes from table, walking, light effort
		05043	3.5	<b>05043</b>	<b>3.3</b>	vacuuming, general, moderate effort
				<b>05044</b>	<b>3.0</b>	butchering animals, small
		05045	6.0	<b>05045</b>	<b>6.0</b>	butchering animal, large, vigorous effort
				<b>05046</b>	<b>2.3</b>	cutting and smoking fish, drying fish or meat
				<b>05048</b>	<b>4.0</b>	tanning hides, general
				<b>05049</b>	<b>3.5</b>	cooking or food preparation, moderate effort
05050	2.5	05050	2.0	<b>05050</b>	<b>2.0</b>	cooking or food preparation - standing or sitting or in general (not broken into stand/walk components), manual appliances, light effort
05051	2.5	05051	2.5	<b>05051</b>	<b>2.5</b>	serving food, setting table, implied walking or standing
05052	2.5	05052	2.5	<b>05052</b>	<b>2.5</b>	cooking or food preparation, walking
		05053	2.5	<b>05053</b>	<b>2.5</b>	feeding household animals
05055	2.5	05055	2.5	<b>05055</b>	<b>2.5</b>	putting away groceries (e.g. carrying groceries, shopping without a grocery cart), carrying packages
05056	8.0	05056	7.5	<b>05056</b>	<b>7.5</b>	carrying groceries upstairs
		05057	3.0	<b>05057</b>	<b>3.0</b>	cooking Indian bread on an outside stove
05060	3.5	05060	2.3	<b>05060</b>	<b>2.3</b>	food shopping with or without a grocery cart, standing or walking
05065	2.0	05065	2.3	<b>05065</b>	<b>2.3</b>	non-food shopping, with or without a cart, standing or walking
		05070	2.3	<b>05070</b>	<b>1.8</b>	ironing
		05080	1.5	<b>05080</b>	<b>1.3</b>	knitting, sewing, light effort, wrapping presents, sitting
				<b>05082</b>	<b>2.8</b>	sewing with a machine
		05090	2.0	<b>05090</b>	<b>2.0</b>	laundry, fold or hang clothes, put clothes in washer or dryer, packing suitcase, washing clothes by hand, implied standing, light effort
				<b>05092</b>	<b>4.0</b>	laundry, hanging wash, washing clothes by hand, moderate effort
		05095	2.3	<b>05095</b>	<b>2.3</b>	laundry, putting away clothes, gathering clothes to pack, putting away laundry, implied walking
		05100	2.0	<b>05100</b>	<b>3.3</b>	making bed, changing linens
		05110	5.0	<b>05110</b>	<b>5.0</b>	maple syruping/sugar bushing (including carrying buckets, carrying wood)
		05120	6.0	<b>05120</b>	<b>5.8</b>	moving furniture, household items, carrying boxes
<b>05121</b>	<b>5.0</b>			moving, lifting light loads		
<b>05125</b>	<b>4.8</b>			organizing room		
05130	5.5	05130	3.8	<b>05130</b>	<b>3.5</b>	scrubbing floors, on hands and knees, scrubbing bathroom, bathtub, moderate effort
				<b>05131</b>	<b>2.0</b>	scrubbing floors, on hands and knees, scrubbing bathroom, bathtub, light effort
				<b>05132</b>	<b>6.5</b>	scrubbing floors, on hands and knees, scrubbing bathroom, bathtub, vigorous effort
05140	4.0	05140	4.0	<b>05140</b>	<b>4.0</b>	sweeping garage, sidewalk or outside of house
05146	3.5	05146	3.5	<b>05146</b>	<b>3.5</b>	standing, packing/unpacking boxes, occasional lifting of lightweight household items, loading or unloading items in
05147	3.0	05147	3.0	<b>05147</b>	<b>3.0</b>	implied walking, putting away household items, moderate effort
		05148	2.5	<b>05148</b>	<b>2.5</b>	watering plants
		05149	2.5	<b>05149</b>	<b>2.5</b>	building a fire inside
05150	9.0	05150	9.0	<b>05150</b>	<b>9.0</b>	moving household items upstairs, carrying boxes or furniture

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
05160	2.5	05160	2.0	<b>05160</b>	<b>2.0</b>	standing, light effort tasks (pump gas, change light bulb, etc.)
05165	3.0	05165	3.0	<b>05165</b>	<b>3.5</b>	walking, moderate effort tasks, non-cleaning (readying to leave, shut/lock doors, close windows, etc.)
05170	2.5	05170	2.5	<b>05170</b>	<b>2.2</b>	sitting, playing with child(ren), light effort, only active periods
05171	2.8	05171	2.8	<b>05171</b>	<b>2.8</b>	standing, playing with child(ren) light effort, only active periods
05175	4.0	05175	4.0	<b>05175</b>	<b>3.5</b>	walking/running, playing with child(ren), moderate effort, only active periods
05180	5.0	05180	5.0	<b>05180</b>	<b>5.8</b>	walking/running, playing with child(ren), vigorous effort, only active periods
		05181	3.0	<b>05181</b>	<b>3.0</b>	walking and carrying small child, child weighing 15 lbs or more
				<b>05182</b>	<b>2.3</b>	walking and carrying small child, child weighing less than 15 lbs
				<b>05183</b>	<b>2.0</b>	standing, holding child
				<b>05184</b>	<b>2.5</b>	child care, infant, general
05185	3.0	05185	2.5	<b>05185</b>	<b>2.0</b>	child care, sitting/kneeling (e.g., dressing, bathing, grooming, feeding, occasional lifting of child), light effort, general
05186	3.5	05186	3.0	<b>05186</b>	<b>3.0</b>	child care, standing (e.g., dressing, bathing, grooming, feeding, occasional lifting of child), moderate effort
		05187	4.0			elder care, disabled adult, only active periods (Now code = 05200)
		05188	1.5	<b>05188</b>	<b>1.5</b>	reclining with baby
				<b>05189</b>	<b>2.0</b>	breastfeeding, sitting or reclining
		05190	2.5	<b>05190</b>	<b>2.5</b>	sit, playing with animals, light effort, only active periods
		05191	2.8	<b>05191</b>	<b>2.8</b>	stand, playing with animals, light effort, only active periods
		05192	2.8	<b>05192</b>	<b>3.0</b>	walk/run, playing with animals, general, light effort, only active periods
		05193	4.0	<b>05193</b>	<b>4.0</b>	walk/run, playing with animals, moderate effort, only active periods
		05194	5.0	<b>05194</b>	<b>5.0</b>	walk/run, playing with animals, vigorous effort, only active periods
		05195	3.5	<b>05195</b>	<b>3.5</b>	standing, bathing dog
				<b>05197</b>	<b>2.3</b>	animal care, household animals, general
				<b>05200</b>	<b>4.0</b>	elder care, disabled adult, bathing, dressing, moving into and out of bed, only active periods ( <i>formerly code 05187</i> )
				<b>05205</b>	<b>2.3</b>	elder care, disabled adult, feeding, combing hair, light effort, only active periods

### Home Repair

06010	3.0	06010	3.0	<b>06010</b>	<b>3.0</b>	airplane repair
06020	4.5	06020	4.0	<b>06020</b>	<b>4.0</b>	automobile body work
06030	3.0	06030	3.0	<b>06030</b>	<b>3.3</b>	automobile repair, light or moderate effort
06040	3.0	06040	3.0	<b>06040</b>	<b>3.0</b>	carpentry, general, workshop (Taylor Code 620)
06050	6.0	06050	6.0	<b>06050</b>	<b>6.0</b>	carpentry, outside house, installing rain gutters (Taylor Code 640),carpentry, outside house, building a fence
				<b>06052</b>	<b>3.8</b>	carpentry, outside house, building a fence
06060	4.5	06060	4.5	<b>06060</b>	<b>3.3</b>	carpentry, finishing or refinishing cabinets or furniture
06070	7.5	06070	7.5	<b>06070</b>	<b>6.0</b>	carpentry, sawing hardwood
				<b>06072</b>	<b>4.0</b>	carpentry, home remodeling tasks, moderate effort
				<b>06074</b>	<b>2.3</b>	carpentry, home remodeling tasks, light effort
06080	5.0	06080	5.0	<b>06080</b>	<b>5.0</b>	caulking, chinking log cabin
06090	4.5	06090	4.5	<b>06090</b>	<b>4.5</b>	caulking, except log cabin

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
06100	5.0	06100	5.0	<b>06100</b>	<b>5.0</b>	cleaning gutters
06110	5.0	06110	5.0	<b>06110</b>	<b>5.0</b>	excavating garage
06120	5.0	06120	5.0	<b>06120</b>	<b>5.0</b>	hanging storm windows
				<b>06122</b>	<b>5.0</b>	hanging sheet rock inside house
				<b>06124</b>	<b>3.0</b>	hammering nails
				<b>06126</b>	<b>2.5</b>	home repair, general, light effort
				<b>06127</b>	<b>4.5</b>	home repair, general, moderate effort
				<b>06128</b>	<b>6.0</b>	home repair, general, vigorous effort
06130	4.5	06130	4.5	<b>06130</b>	<b>4.5</b>	laying or removing carpet
06140	4.5	06140	4.5	<b>06140</b>	<b>3.8</b>	laying tile or linoleum, repairing appliances
				<b>06144</b>	<b>3.0</b>	repairing appliances
06150	5.0	06150	5.0	<b>06150</b>	<b>5.0</b>	painting, outside home (Taylor Code 650)
06160	4.5	06160	3.0	<b>06160</b>	<b>3.3</b>	painting inside house, wallpapering, scraping paint
	.	06165	4.5	<b>06165</b>	<b>4.5</b>	painting (Taylor Code 630)
				<b>06167</b>	<b>3.0</b>	plumbing, general
06170	3.0	06170	3.0	<b>06170</b>	<b>3.0</b>	put on and removal of tarp - sailboat
06180	6.0	06180	6.0	<b>06180</b>	<b>6.0</b>	roofing
06190	4.5	06190	4.5	<b>06190</b>	<b>4.5</b>	sanding floors with a power sander
06200	4.5	06200	4.5	<b>06200</b>	<b>4.5</b>	scraping and painting sailboat or powerboat
				<b>06205</b>	<b>2.0</b>	sharpening tools
06210	5.0	06210	5.0	<b>06210</b>	<b>5.0</b>	spreading dirt with a shovel
06220	4.5	06220	4.5	<b>06220</b>	<b>4.5</b>	washing and waxing hull of sailboat or airplane
				<b>06225</b>	<b>2.0</b>	washing and waxing car
06230	4.5	06230	4.5	<b>06230</b>	<b>4.5</b>	washing fence, painting fence, moderate effort
06240	3.0	06240	3.0	<b>06240</b>	<b>3.3</b>	wiring, tapping-splicing

#### Inactivity Quiet/Light

07010	0.9	07010	1.0	<b>07010</b>	<b>1.0</b>	lying quietly and watching television
		07011	1.0	<b>07011</b>	<b>1.3</b>	lying quietly, doing nothing, lying in bed awake, listening to music (not talking or reading)
07020	1.0	07020	1.0	<b>07020</b>	<b>1.3</b>	sitting quietly and watching television
				<b>07021</b>	<b>1.3</b>	sitting quietly, general
				<b>07022</b>	<b>1.5</b>	sitting quietly, fidgeting, general, fidgeting hands
				<b>07023</b>	<b>1.8</b>	sitting, fidgeting feet
				<b>07024</b>	<b>1.3</b>	sitting, smoking
				<b>07025</b>	<b>1.5</b>	sitting, listening to music (not talking or reading) or watching a movie in a theater
				<b>07026</b>	<b>1.3</b>	sitting at a desk, resting head in hands
07030	0.9	07030	0.9	<b>07030</b>	<b>1.0</b>	sleeping
07040	1.2	07040	1.2	<b>07040</b>	<b>1.3</b>	standing quietly, standing in a line



1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
				<b>07041</b>	<b>1.8</b>	standing, fidgeting
07050	1.0	07050	1.0	<b>07050</b>	<b>1.3</b>	reclining, writing
07060	1.0	07060	1.0	<b>07060</b>	<b>1.3</b>	reclining, talking or talking on phone
07070	1.0	07070	1.0	<b>07070</b>	<b>1.3</b>	reclining, reading
		07075	1.0	<b>07075</b>	<b>1.0</b>	meditating
<b>Lawn and Garden</b>						
				<b>08009</b>	<b>3.3</b>	carrying, loading or stacking wood, loading/unloading or carrying lumber, light-to-moderate effort
08010	5.0	08010	5.0	<b>08010</b>	<b>5.5</b>	carrying, loading or stacking wood, loading/unloading or carrying lumber
				<b>08019</b>	<b>4.5</b>	chopping wood, splitting logs, moderate effort
08020	6.0	08020	6.0	<b>08020</b>	<b>6.3</b>	chopping wood, splitting logs, vigorous effort
				<b>08025</b>	<b>3.5</b>	clearing light brush, thinning garden, moderate effort
08030	5.0	08030	5.0	<b>08030</b>	<b>6.3</b>	clearing brush/land, undergrowth, or ground, hauling branches, wheelbarrow chores, vigorous effort
08040	5.0	08040	5.0	<b>08040</b>	<b>5.0</b>	digging sandbox, shoveling sand
				<b>08045</b>	<b>3.5</b>	digging, spading, filling garden, composting, light-to-moderate effort
08050	5.0	08050	5.0	<b>08050</b>	<b>5.0</b>	digging, spading, filling garden, composting, (Taylor Code 590)
				<b>08052</b>	<b>7.8</b>	digging, spading, filling garden, composting, vigorous effort
				<b>08055</b>	<b>2.8</b>	driving tractor
				<b>08057</b>	<b>8.3</b>	felling trees, large size
				<b>08058</b>	<b>5.3</b>	felling trees, small-medium size
08060	6.0	08060	6.0	<b>08060</b>	<b>5.8</b>	gardening with heavy power tools, tilling a garden, chain saw
				<b>08065</b>	<b>2.3</b>	gardening, using containers, older adults > 60 years
				<b>08070</b>	<b>4.0</b>	irrigation channels, opening and closing ports
08080	5.0	08080	5.0	<b>08080</b>	<b>6.3</b>	laying crushed rock
08090	5.0	08090	5.0	<b>08090</b>	<b>5.0</b>	laying sod
08095	5.5	08095	5.5	<b>08095</b>	<b>5.5</b>	mowing lawn, general
08100	2.5	08100	2.5	<b>08100</b>	<b>2.5</b>	mowing lawn, riding mower (Taylor Code 550)
08110	6.0	08110	6.0	<b>08110</b>	<b>6.0</b>	mowing lawn, walk, hand mower (Taylor Code 570)
08120	4.5	08120	5.5	<b>08120</b>	<b>5.0</b>	mowing lawn, walk, power mower, moderate or vigorous effort
		08125	4.5	<b>08125</b>	<b>4.5</b>	mowing lawn, power mower, light or moderate effort (Taylor Code 590)
08130	4.5	08130	4.5	<b>08130</b>	<b>2.5</b>	operating snow blower, walking
				<b>08135</b>	<b>2.0</b>	planting, potting, transplanting seedlings or plants, light effort
08140	4.0	08140	4.5	<b>08140</b>	<b>4.3</b>	planting seedlings, shrub, stooping, moderate effort
				<b>08145</b>	<b>4.3</b>	planting crops or garden, stooping, moderate effort
08150	4.5	08150	4.5	<b>08150</b>	<b>4.5</b>	planting trees
08160	4.0	08160	4.3	<b>08160</b>	<b>3.8</b>	raking lawn or leaves, moderate effort
		08165	4.0	<b>08165</b>	<b>4.0</b>	raking lawn (Taylor Code 600)
08170	4.0	08170	4.0	<b>08170</b>	<b>4.0</b>	raking roof with snow rake



1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
08180	3.0	08180	3.0	<b>08180</b>	<b>3.0</b>	riding snow blower
08190	4.0	08190	4.0	<b>08190</b>	<b>4.0</b>	sacking grass, leaves
				<b>08192</b>	<b>5.5</b>	shoveling dirt or mud
				<b>08195</b>	<b>5.3</b>	shoveling snow, by hand, moderate effort
08200	6.0	08200	6.0	<b>08200</b>	<b>6.0</b>	shovelling snow, by hand (Taylor Code 610)
				<b>08202</b>	<b>7.5</b>	shoveling snow, by hand, vigorous effort
08210	4.5	08210	4.5	<b>08210</b>	<b>4.0</b>	trimming shrubs or trees, manual cutter
08215	3.5	08215	3.5	<b>08215</b>	<b>3.5</b>	trimming shrubs or trees, power cutter, using leaf blower, edge, moderate effort
08220	2.5	08220	2.5	<b>08220</b>	<b>3.0</b>	walking, applying fertilizer or seeding a lawn, push applicator
08230	1.5	08230	1.5	<b>08230</b>	<b>1.5</b>	watering lawn or garden, standing or walking
				<b>08239</b>	<b>3.5</b>	weeding, cultivating garden, light-to-moderate effort
08240	4.5	08240	4.5	<b>08240</b>	<b>4.5</b>	weeding, cultivating garden (Taylor Code 580)
				<b>08241</b>	<b>5.0</b>	weeding, cultivating garden, using a hoe, moderate-to-vigorous effort
08245	5.0	08245	4.5	<b>08245</b>	<b>3.8</b>	gardening, general, moderate effort
		08246	3.0	<b>08246</b>	<b>3.5</b>	picking fruit off trees, picking fruits/vegetables, moderate effort
				<b>08248</b>	<b>4.5</b>	picking fruit off trees, gleaning fruits, picking fruits/vegetables, climbing ladder to pick fruit, vigorous effort
08250	3.0	08250	3.0	<b>08250</b>	<b>3.3</b>	implied walking/standing - picking up yard, light, picking flowers or vegetables
		08251	3.0	<b>08251</b>	<b>3.0</b>	walking, gathering gardening tools
				<b>08255</b>	<b>5.5</b>	wheelbarrow, pushing garden cart or wheelbarrow
				<b>08260</b>	<b>3.0</b>	yard work, general, light effort
				<b>08261</b>	<b>4.0</b>	yard work, general, moderate effort
				<b>08262</b>	<b>6.0</b>	yard work, general, vigorous effort

### Miscellaneous

				<b>09000</b>	<b>1.5</b>	board game playing, sitting
				<b>09005</b>	<b>2.5</b>	casino gambling, standing
09010	1.5	09010	1.5	<b>09010</b>	<b>1.5</b>	card playing, sitting
				<b>09013</b>	<b>1.5</b>	chess game, sitting
				<b>09015</b>	<b>1.5</b>	copying documents, standing
09020	2.0	09020	2.3	<b>09020</b>	<b>1.8</b>	drawing, writing, painting, standing
				<b>09025</b>	<b>1.0</b>	laughing, sitting
09030	1.3	09030	1.3	<b>09030</b>	<b>1.3</b>	sitting, reading, book, newspaper, etc.
09040	1.8	09040	1.8	<b>09040</b>	<b>1.3</b>	sitting, writing, desk work, typing
				<b>09045</b>	<b>1.0</b>	sitting, playing traditional video game, computer game
09050	1.8	09050	1.8	<b>09050</b>	<b>1.8</b>	standing, talking in person, on the phone, computer, or text messaging, light effort
09055	1.5	09055	1.5	<b>09055</b>	<b>1.5</b>	sitting, talking in person, on the phone, computer, or text messaging, light effort
09060	1.8	09060	1.8	<b>09060</b>	<b>1.3</b>	sitting, studying, general, including reading and/or writing, light effort
09060	1.8	09060	1.8	<b>09065</b>	<b>1.8</b>	sitting, in class, general, including note-taking or class discussion

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
09070	1.8	09070	1.8	<b>09070</b>	<b>1.8</b>	standing, reading
		09071	2.0	<b>09071</b>	<b>2.5</b>	standing, miscellaneous
		09075	1.5	<b>09075</b>	<b>1.8</b>	sitting, arts and crafts, carving wood, weaving, spinning wool, light effort
		09080	2.0	<b>09080</b>	<b>3.0</b>	sitting, arts and crafts, carving wood, weaving, spinning wool, moderate effort
		09085	1.8	<b>09085</b>	<b>2.5</b>	standing, arts and crafts, sand painting, carving, weaving, light effort
		09090	3.0	<b>09090</b>	<b>3.3</b>	standing, arts and crafts, sand painting, carving, weaving, moderate effort
		09095	3.5	<b>09095</b>	<b>3.5</b>	standing, arts and crafts, sand painting, carving, weaving, vigorous effort
		09100	1.5	<b>09100</b>	<b>1.8</b>	retreat/family reunion activities involving sitting, relaxing, talking, eating
				<b>09101</b>	<b>3.0</b>	retreat/family reunion activities involving playing games with children
		09105	2.0	<b>09105</b>	<b>2.0</b>	touring/traveling/vacation involving riding in a vehicle
				<b>09106</b>	<b>3.5</b>	touring/traveling/vacation involving walking
		09110	2.5	<b>09110</b>	<b>2.5</b>	camping involving standing, walking, sitting, light-to-moderate effort
		09115	1.5	<b>09115</b>	<b>1.5</b>	sitting at a sporting event, spectator

#### Music Playing

10010	1.8	10010	1.8	<b>10010</b>	<b>1.8</b>	accordion, sitting
10020	2.0	10020	2.0	<b>10020</b>	<b>2.3</b>	cello, sitting
10030	2.5	10030	2.5	<b>10030</b>	<b>2.3</b>	conducting orchestra, standing
				<b>10035</b>	<b>2.5</b>	double bass, standing
10040	4.0	10040	4.0	<b>10040</b>	<b>3.8</b>	drums, sitting
				<b>10045</b>	<b>3.0</b>	drumming (e.g., bongo, conga, benbe), moderate, sitting
10050	2.0	10050	2.0	<b>10050</b>	<b>2.0</b>	flute, sitting
10060	2.0	10060	2.0	<b>10060</b>	<b>1.8</b>	horn, standing
10070	2.5	10070	2.5	<b>10070</b>	<b>2.3</b>	piano, sitting
				<b>10074</b>	<b>2.0</b>	playing musical instruments, general
				<b>10077</b>	<b>2.0</b>	organ, sitting
10080	3.5	10080	3.5	<b>10080</b>	<b>3.5</b>	trombone, standing
10090	2.5	10090	2.5	<b>10090</b>	<b>1.8</b>	trumpet, standing
10100	2.5	10100	2.5	<b>10100</b>	<b>2.5</b>	violin, sitting
10110	2.0	10110	2.0	<b>10110</b>	<b>1.8</b>	woodwind, sitting
10120	2.0	10120	2.0	<b>10120</b>	<b>2.0</b>	guitar, classical, folk, sitting
10125	3.0	10125	3.0	<b>10125</b>	<b>3.0</b>	guitar, rock and roll band, standing
10130	4.0	10130	4.0	<b>10130</b>	<b>4.0</b>	marching band, baton twirling, walking, moderate pace, general
				<b>10131</b>	<b>5.5</b>	marching band, playing an instrument, walking, brisk pace, general
10135	3.5	10135	3.5	<b>10135</b>	<b>3.5</b>	marching band, drum major, walking

#### Occupation

				<b>11003</b>	<b>2.3</b>	active workstation, treadmill desk, walking
				<b>11006</b>	<b>3.0</b>	airline flight attendant

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
11010	4.0	11010	4.0	<b>11010</b>	<b>4.0</b>	bakery, general, moderate effort
		11015	2.5	<b>11015</b>	<b>2.0</b>	bakery, light effort
11020	2.3	11020	2.3	<b>11020</b>	<b>2.3</b>	bookbinding
11030	6.0	11030	6.0	<b>11030</b>	<b>6.0</b>	building road, driving heavy machinery
11035	2.0	11035	2.0	<b>11035</b>	<b>2.0</b>	building road, directing traffic, standing
				<b>11038</b>	<b>2.5</b>	carpentry, general, light effort
11040	3.5	11040	3.5	<b>11040</b>	<b>4.3</b>	carpentry, general, moderate effort
				<b>11042</b>	<b>7.0</b>	carpentry, general, heavy or vigorous effort
11050	8.0	11050	8.0	<b>11050</b>	<b>8.0</b>	carrying heavy loads (e.g., bricks, tools)
11060	8.0	11060	8.0	<b>11060</b>	<b>8.0</b>	carrying moderate loads up stairs, moving boxes 25-49 lbs
11070	2.5	11070	2.5	<b>11070</b>	<b>4.0</b>	chambermaid, hotel housekeeper, making bed, cleaning bathroom, pushing cart
11080	6.5	11080	6.5	<b>11080</b>	<b>5.3</b>	coal mining, drilling coal, rock
11090	6.5	11090	6.5	<b>11090</b>	<b>5.0</b>	coal mining, erecting supports
11100	6.0	11100	6.0	<b>11100</b>	<b>5.5</b>	coal mining, general
11110	7.0	11110	7.0	<b>11110</b>	<b>6.3</b>	coal mining, shoveling coal
				<b>11115</b>	<b>2.5</b>	cook, chef
11120	5.5	11120	5.5	<b>11120</b>	<b>4.0</b>	construction, outside, remodeling, new structures (e.g., roof repair, miscellaneous
		11121	3.0			custodial work, light effort (e.g., cleaning sink and toilet, dusting, vacuuming, light cleaning)
		11122	2.5			custodial work, cleaning sink and toilet, light effort <i>(Included in code 11125)</i>
		11123	2.5			custodial work, dusting, light effort <i>(Included in code 11125)</i>
		11124	4.0			custodial work, feathering arena floor, moderate effort <i>(Included in code 11126)</i>
		11125	3.5	<b>11125</b>	<b>2.3</b>	custodial work, light effort (e.g., cleaning sink and toilet, dusting, vacuuming, light cleaning)
		11126	3.5	<b>11126</b>	<b>3.8</b>	custodial work, moderate effort (e.g., electric buffer, feathering arena floors, mopping, taking out trash, vacuuming)
		11127	3.0			custodial work, take out trash, moderate effort <i>(Included in code 11126)</i>
		11128	2.5			custodial work, vacuuming, light effort <i>(Included in code 11125)</i>
		11129	3.0			custodial work, vacuuming, moderate effort <i>(Included in code 11126)</i>
11130	3.5	11130	3.5	<b>11130</b>	<b>3.3</b>	electrical work (e.g., hook up wire, tapping-splicing)
				<b>11135</b>	<b>1.8</b>	engineer (e.g., mechanical or electrical)
11140	8.0	11140	8.0			farming, baling hay, cleaning barn, poultry work, vigorous effort <i>(Included in code 11145)</i>
				<b>11145</b>	<b>7.8</b>	farming, vigorous effort (e.g., baling hay, cleaning barn)
				<b>11146</b>	<b>4.8</b>	farming, moderate effort (e.g., feeding animals, chasing cattle by walking and/or horseback, spreading manure, harvesting crops)
				<b>11147</b>	<b>2.0</b>	farming, light effort (e.g., cleaning animal sheds, preparing animal feed)
11150	3.5	11150	3.5			farming, chasing cattle, non-strenuous (walking), moderate effort <i>(Included in code 11146)</i>
		11151	4.0			farming, chasing cattle or other livestock on horseback, moderate effort <i>(Included in code 11146)</i>
		11152	2.0			farming, chasing cattle or other livestock, driving, light effort <i>(Included in code 11147)</i>
11160	2.5	11160	2.5			farming, driving harvester, cutting hay, irrigation work

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
11170	2.5	11170	2.5	<b>11170</b>	<b>2.8</b>	farming, driving tasks (e.g., driving tractor or harvester)
11180	4.0	11180	4.0	<b>11180</b>	<b>3.5</b>	farming, feeding small animals
11190	4.5	11190	4.5	<b>11190</b>	<b>4.3</b>	farming, feeding cattle, horses
		11191	4.5	<b>11191</b>	<b>4.3</b>	farming, hauling water for animals, general hauling water, farming, general hauling water
		11191	6.0	<b>11192</b>	<b>4.5</b>	farming, taking care of animals (e.g., grooming, brushing, shearing sheep, assisting with birthing, medical care, branding), general
				<b>11195</b>	<b>3.8</b>	farming, rice, planting, grain milling activities
11200	8.0	11200	8.0			farming, forking straw bales, vigorous effort <i>(Included in code 11145)</i>
11210	3.0	11210	3.0	<b>11210</b>	<b>3.5</b>	farming, milking by hand, cleaning pails, moderate effort
11220	1.5	11220	1.5	<b>11220</b>	<b>1.3</b>	farming, milking by machine, light effort
11230	5.5	11230	5.5			farming, shoveling grain, moderate effort <i>(Included in code 11146)</i>
11240	12.0	11240	12.0	<b>11240</b>	<b>8.0</b>	fire fighter, general
				<b>11244</b>	<b>6.8</b>	fire fighter, rescue victim, automobile accident, using pike pole
11245	11.0	11245	11.0	<b>11245</b>	<b>8.0</b>	fire fighter, raising and climbing ladder with full gear, simulated fire suppression
11246	8.0	11246	8.0	<b>11246</b>	<b>9.0</b>	fire fighter, hauling hoses on ground, carrying/hoisting equipment, breaking down walls etc., wearing full gear
				<b>11247</b>	<b>3.5</b>	fishing, commercial, light effort
				<b>11248</b>	<b>5.0</b>	fishing, commercial, moderate effort
				<b>11249</b>	<b>7.0</b>	fishing, commercial, vigorous effort
11250	17.0	11250	17.0	<b>11250</b>	<b>17.5</b>	forestry, ax chopping, very fast, 1.25 kg axe, 51 blows/min, extremely vigorous effort
11260	5.0	11260	5.0	<b>11260</b>	<b>5.0</b>	forestry, ax chopping, slow, 1.25 kg axe, 19 blows/min, moderate effort
				<b>11262</b>	<b>8.0</b>	forestry, ax chopping, fast, 1.25 kg axe, 35 blows/min, vigorous effort
				<b>11264</b>	<b>4.5</b>	forestry, moderate effort (e.g., sawing wood with power saw, weeding, hoeing)
				<b>11266</b>	<b>8.0</b>	forestry, vigorous effort (e.g., barking, felling, or trimming trees, carrying or stacking logs, planting seeds, sawing lumber by hand )
11270	7.0	11270	7.0			forestry, barking trees <i>(Included in code 11266)</i>
11280	11.0	11280	11.0			forestry, carrying logs <i>(Included in code 11266)</i>
11290	8.0	11290	8.0			forestry, felling trees <i>(Included in code 11266)</i>
11300	8.0	11300	8.0			forestry, general <i>(Included in code 11266)</i>
11310	5.0	11310	5.0			forestry, hoeing <i>(Included in code 11264)</i>
11320	6.0	11320	6.0			forestry, planting by hand <i>(Included in code 11266)</i>
11330	7.0	11330	7.0			forestry, sawing by hand <i>(Included in code 11266)</i>
11340	4.5	11340	4.5			forestry, sawing, power <i>(Included in code 11264)</i>
11350	9.0	11350	9.0			forestry, trimming trees <i>(Included in code 11266)</i>
11360	4.0	11360	4.0			forestry, weeding <i>(Included in code 11264)</i>
11370	4.5	11370	4.5	<b>11370</b>	<b>4.5</b>	furriery
				<b>11375</b>	<b>4.0</b>	garbage collector, walking, dumping bins into truck
				<b>11378</b>	<b>1.8</b>	hairstylist (e.g., plaiting hair, manicure, make-up artist)
11380	6.0	11380	6.0	<b>11380</b>	<b>7.3</b>	horse grooming, including feeding, cleaning stalls, bathing, brushing, clipping, longeing and exercising horses.

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
				<b>11381</b>	<b>4.3</b>	horse, feeding, watering, cleaning stalls, implied walking and lifting loads
11390	8.0	11390	8.0	<b>11390</b>	<b>7.3</b>	horse racing, galloping
11400	6.5	11400	6.5	<b>11400</b>	<b>5.8</b>	horse racing, trotting
11410	2.6	11410	2.6	<b>11410</b>	<b>3.8</b>	horse racing, walking
				<b>11413</b>	<b>3.0</b>	kitchen maid
				<b>11415</b>	<b>4.0</b>	lawn keeper, yard work, general
				<b>11418</b>	<b>3.3</b>	laundry worker
11420	3.5	11420	3.5	<b>11420</b>	<b>3.0</b>	locksmith
11430	2.5	11430	2.5	<b>11430</b>	<b>3.0</b>	machine tooling (e.g., working sheet metal, machine fitter, operating lathe, welding) light-to-moderate effort
11440	3.0	11440	3.0			machine tooling, operating lathe <i>(Included in code 11430)</i>
11450	5.0	11450	5.0	<b>11450</b>	<b>5.0</b>	machine tooling, operating punch press, moderate effort
11460	4.0	11460	4.0			machine tooling, tapping and drilling <i>(Included in code 11430)</i>
11470	3.0	11470	3.0			machine tooling, welding <i>(Included in code 11430)</i>
				<b>11472</b>	<b>1.8</b>	manager, property
				<b>11475</b>	<b>2.8</b>	manual or unskilled labor, general, light effort
				<b>11476</b>	<b>4.5</b>	manual or unskilled labor, general, moderate effort
				<b>11477</b>	<b>6.5</b>	manual or unskilled labor, general, vigorous effort
11480	7.0	11480	7.0	<b>11480</b>	<b>4.3</b>	masonry, concrete, moderate effort
				<b>11482</b>	<b>2.5</b>	masonry, concrete, light effort
11485	4.0	11485	4.0	<b>11485</b>	<b>4.0</b>	massage therapist, standing
11490	7.0	11490	7.5	<b>11490</b>	<b>7.5</b>	moving, carrying or pushing heavy objects, 75 lbs or more, only active time (e.g., desks, moving van work)
		11495	12.0	<b>11495</b>	<b>12.0</b>	skindiving or SCUBA diving as a frogman, Navy Seal
11500	2.5	11500	2.5	<b>11500</b>	<b>2.5</b>	operating heavy duty equipment, automated, not driving
11510	4.5	11510	4.5	<b>11510</b>	<b>4.5</b>	orange grove work, picking fruit
				<b>11514</b>	<b>3.3</b>	painting,house, furniture, moderate effort
				<b>11516</b>	<b>3.0</b>	plumbing activities
11520	2.3	11520	2.3	<b>11520</b>	<b>2.0</b>	printing, paper industry worker, standing
11525	2.5	11525	2.5	<b>11525</b>	<b>2.5</b>	police, directing traffic, standing
11526	2.0	11526	2.0	<b>11526</b>	<b>2.5</b>	police, driving a squad car, sitting
11527	1.3	11527	1.3	<b>11527</b>	<b>1.3</b>	police, riding in a squad car, sitting
11528	8.0	11528	4.0	<b>11528</b>	<b>4.0</b>	police, making an arrest, standing
				<b>11529</b>	<b>2.3</b>	postal carrier, walking to deliver mail
11530	2.5	11530	2.5	<b>11530</b>	<b>2.0</b>	shoe repair, general
11540	8.5	11540	8.5	<b>11540</b>	<b>7.8</b>	shoveling, digging ditches
11550	9.0	11550	9.0	<b>11550</b>	<b>8.8</b>	shoveling, more than 16 lbs/minute, deep digging, vigorous effort
11560	6.0	11560	6.0	<b>11560</b>	<b>5.0</b>	shoveling, less than 10 lbs/minute, moderate effort
11570	7.0	11570	7.0	<b>11570</b>	<b>6.5</b>	shoveling, 10 to 15 lbs/minute, vigorous effort

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
11580	1.5	11580	1.5	<b>11580</b>	<b>1.5</b>	sitting tasks, light effort (e.g., office work, chemistry lab work, computer work, light assembly repair, watch repair, reading, desk work)
11585	1.5	11585	1.5	<b>11585</b>	<b>1.5</b>	sitting meetings, light effort, general, and/or with talking involved (e.g., eating at a business meeting)
11590	2.5	11590	2.5	<b>11590</b>	<b>2.5</b>	sitting tasks, moderate effort (e.g., pushing heavy levers, riding mower/forklift, crane operation)
				<b>11593</b>	<b>2.8</b>	sitting, teaching stretching or yoga, or light effort exercise class
11600	2.5	11600	2.3	<b>11600</b>	<b>3.0</b>	standing tasks, light effort (e.g., bartending, store clerk, assembling, filing, duplicating, librarian, putting up a Christmas tree, standing and talking at work, changing clothes when teaching physical education, standing)
11610	3.0	11610	3.0	<b>11610</b>	<b>3.0</b>	standing, light/moderate effort (e.g., assemble/repair heavy parts, welding, stocking parts, auto repair, standing, packing boxes, nursing patient care)
		11615	4.0	<b>11615</b>	<b>4.5</b>	standing, moderate effort, lifting items continuously, 10 – 20 lbs, with limited walking or resting
11620	3.5	11620	3.5	<b>11620</b>	<b>3.5</b>	standing, moderate effort, intermittent lifting 50 lbs, hitch/twisting ropes
11630	4.0	11630	4.0	<b>11630</b>	<b>4.5</b>	standing, moderate/heavy tasks (e.g., lifting more than 50 lbs, masonry, painting, paper hanging)
11640	5.0	11640	5.0			steel mill, fettling <i>(Included in code 11708)</i>
11650	5.5	11650	5.5			steel mill, forging <i>(Included in code 11708)</i>
11660	8.0	11660	8.0			steel mill, hand rolling <i>(Included in code 11710)</i>
11670	8.0	11670	8.0			steel mill, merchant mill rolling <i>(Included in code 11710)</i>
11680	11.0	11680	11.0			steel mill, removing slag <i>(Included in code 11710)</i>
11690	7.5	11690	7.5			steel mill, tending furnace <i>(Included in code 11710)</i>
11700	5.5	11700	5.5			steel mill, tipping molds <i>(Included in code 11708)</i>
				<b>11708</b>	<b>5.3</b>	steel mill, moderate effort (e.g., fettling, forging, tipping molds)
11710	8.0	11710	8.0	<b>11710</b>	<b>8.3</b>	steel mill, vigorous effort (e.g., hand rolling, merchant mill rolling, removing slag, tending furnace)
11720	2.5	11720	2.5	<b>11720</b>	<b>2.3</b>	tailoring, cutting fabric
11730	2.5	11730	2.5	<b>11730</b>	<b>2.5</b>	tailoring, general
11740	2.0	11740	2.0	<b>11740</b>	<b>1.8</b>	tailoring, hand sewing
11750	2.5	11750	2.5	<b>11750</b>	<b>2.5</b>	tailoring, machine sewing
11760	4.0	11760	4.0	<b>11760</b>	<b>3.5</b>	tailoring, pressing
				<b>11763</b>	<b>2.0</b>	tailoring, weaving, light effort (e.g., finishing operations, washing, dyeing, inspecting cloth, counting yards, paperwork)
		11765	3.5	<b>11765</b>	<b>4.0</b>	tailoring, weaving, moderate effort (e.g., spinning and weaving operations, delivering boxes of yam to spinners, loading of warp beam, pinwinding, conewinding, warping, cloth cutting)
11766	6.5	11766	6.5	<b>11766</b>	<b>6.5</b>	truck driving, loading and unloading truck, tying down load, standing, walking and carrying heavy loads
				<b>11767</b>	<b>2.0</b>	Truck, driving delivery truck, taxi, shuttlebus, school bus
11770	1.5	11770	1.5	<b>11770</b>	<b>1.3</b>	typing, electric, manual or computer
11780	6.0	11780	6.0	<b>11780</b>	<b>6.3</b>	using heavy power tools such as pneumatic tools (e.g., jackhammers, drills)
11790	8.0	11790	8.0	<b>11790</b>	<b>8.0</b>	using heavy tools (not power) such as shovel, pick, tunnel bar, spade
11791	2.0	11791	2.0	<b>11791</b>	<b>2.0</b>	walking on job, less than 2.0 mph, very slow speed, in office or lab area
11792	3.5	11792	3.3	<b>11792</b>	<b>3.5</b>	walking on job, 3.0 mph, in office, moderate speed, not carrying anything
11793	4.0	11793	3.8	<b>11793</b>	<b>4.3</b>	walking on job, 3.5 mph, in office, brisk speed, not carrying anything
11795	3.0	11795	3.0	<b>11795</b>	<b>3.5</b>	walking on job, 2.5 mph, slow speed and carrying light objects less than 25 lbs

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
		11796	3.0	<b>11796</b>	<b>3.0</b>	walking, gathering things at work, ready to leave
				<b>11797</b>	<b>3.8</b>	walking, 2.5 mph, slow speed, carrying heavy objects more than 25 lbs
11800	4.0	11800	4.0	<b>11800</b>	<b>4.5</b>	walking, 3.0 mph, moderately and carrying light objects less than 25 lbs
		11805	4.0	<b>11805</b>	<b>3.5</b>	walking, pushing a wheelchair
11810	4.5	11810	4.5	<b>11810</b>	<b>4.8</b>	walking, 3.5 mph, briskly and carrying objects less than 25 lbs
11820	5.0	11820	5.0	<b>11820</b>	<b>5.0</b>	walking or walk downstairs or standing, carrying objects about 25 to 49 lbs
11830	6.5	11830	6.5	<b>11830</b>	<b>6.5</b>	walking or walk downstairs or standing, carrying objects about 50 to 74 lbs
11840	7.5	11840	7.5	<b>11840</b>	<b>7.5</b>	walking or walk downstairs or standing, carrying objects about 75 to 99 lbs
11850	8.5	11850	8.5	<b>11850</b>	<b>8.5</b>	walking or walk downstairs or standing, carrying objects about 100 lbs or more
11870	3.0	11870	3.0	<b>11870</b>	<b>3.0</b>	working in scene shop, theater actor, backstage employee
		11875	4.0			teach physical education, exercise, sports classes (non-sport play)
		11875	6.5			teach physical education, exercise, sports classes (participate in the class)

### Running

12010	6.0	12010	6.0	<b>12010</b>	<b>6.0</b>	jog/walk combination (jogging component of less than 10 minutes) (Taylor Code 180)
12020	7.0	12020	7.0	<b>12020</b>	<b>7.0</b>	jogging, general
		12025	8.0	<b>12025</b>	<b>8.0</b>	jogging, in place
		12027	4.5	<b>12027</b>	<b>4.5</b>	jogging, on a mini-tramp
				<b>12029</b>	<b>6.0</b>	Running, 4 mph (13 min/mile)
12030	8.0	12030	8.0	<b>12030</b>	<b>8.3</b>	running, 5 mph (12 min/mile)
12040	9.0	12040	9.0	<b>12040</b>	<b>9.0</b>	running, 5.2 mph (11.5 min/mile)
12050	10.0	12050	10.0	<b>12050</b>	<b>9.8</b>	running, 6 mph (10 min/mile)
12060	11.0	12060	11.0	<b>12060</b>	<b>10.5</b>	running, 6.7 mph (9 min/mile)
12070	11.5	12070	11.5	<b>12070</b>	<b>11.0</b>	running, 7 mph (8.5 min/mile)
12080	12.5	12080	12.5	<b>12080</b>	<b>11.5</b>	running, 7.5 mph (8 min/mile)
12090	13.5	12090	13.5	<b>12090</b>	<b>11.8</b>	running, 8 mph (7.5 min/mile)
12100	14.0	12100	14.0	<b>12100</b>	<b>12.3</b>	running, 8.6 mph (7 min/mile)
12110	15.0	12110	15.0	<b>12110</b>	<b>12.8</b>	running, 9 mph (6.5 min/mile)
12120	16.0	12120	16.0	<b>12120</b>	<b>14.5</b>	running, 10 mph (6 min/mile)
12130	18.0	12130	18.0	<b>12130</b>	<b>16.0</b>	running, 11 mph (5.5 min/mile)
				<b>12132</b>	<b>19.0</b>	running, 12 mph (5 min/mile)
				<b>12134</b>	<b>19.8</b>	running, 13 mph (4.6 min/mile)
				<b>12135</b>	<b>23.0</b>	running, 14 mph (4.3 min/mile)
12140	9.0	12140	9.0	<b>12140</b>	<b>9.0</b>	running, cross country
12150	8.0	12150	8.0	<b>12150</b>	<b>8.0</b>	running, (Taylor code 200)
12170	15.0	12170	15.0	<b>12170</b>	<b>15.0</b>	running, stairs, up
12180	10.0	12180	10.0	<b>12180</b>	<b>10.0</b>	running, on a track, team practice
12190	8.0	12190	8.0	<b>12190</b>	<b>8.0</b>	running, training, pushing a wheelchair or baby carrier



1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
				<b>12200</b>	<b>13.3</b>	running, marathon
<b>Self Care</b>						
13000	2.5	13000	2.0	<b>13000</b>	<b>2.3</b>	getting ready for bed, general, standing
13009	1.0	13009	1.0	<b>13009</b>	<b>1.8</b>	sitting on toilet, eliminating while standing or squatting
13010	2.0	13010	1.5	<b>13010</b>	<b>1.5</b>	bathing, sitting
13020	2.5	13020	2.0	<b>13020</b>	<b>2.5</b>	dressing, undressing, standing or sitting
13030	1.5	13030	1.5	<b>13030</b>	<b>1.5</b>	eating, sitting
13035	2.0	13035	2.0	<b>13035</b>	<b>2.0</b>	talking and eating or eating only, standing
		13036	1.0	<b>13036</b>	<b>1.5</b>	taking medication, sitting or standing
13040	2.5	13040	2.0	<b>13040</b>	<b>2.0</b>	grooming, washing hands, shaving, brushing teeth, putting on make-up, sitting or standing
		13045	2.5	<b>13045</b>	<b>2.5</b>	hairstyling, standing
		13046	1.0	<b>13046</b>	<b>1.3</b>	having hair or nails done by someone else, sitting
13050	4.0	13050	2.0	<b>13050</b>	<b>2.0</b>	showering, toweling off, standing
<b>Sexual Activity</b>						
14010	1.5	14010	1.5	<b>14010</b>	<b>2.8</b>	active, vigorous effort
14020	1.3	14020	1.3	<b>14020</b>	<b>1.8</b>	general, moderate effort
14030	1.0	14030	1.0	<b>14030</b>	<b>1.3</b>	passive, light effort, kissing, hugging
<b>Sports</b>						
				<b>15000</b>	<b>5.5</b>	Alaska Native Games, Eskimo Olympics, general
15010	3.5	15010	3.5	<b>15010</b>	<b>4.3</b>	archery, non-hunting
15020	7.0	15020	7.0	<b>15020</b>	<b>7.0</b>	badminton, competitive (Taylor Code 450)
15030	4.5	15030	4.5	<b>15030</b>	<b>5.5</b>	badminton, social singles and doubles, general
15040	8.0	15040	8.0	<b>15040</b>	<b>8.0</b>	basketball, game (Taylor Code 490)
15050	6.0	15050	6.0	<b>15050</b>	<b>6.0</b>	basketball, non-game, general (Taylor Code 480)
				<b>15055</b>	<b>6.5</b>	basketball, general
15060	7.0	15060	7.0	<b>15060</b>	<b>7.0</b>	basketball, officiating (Taylor Code 500)
15070	4.5	15070	4.5	<b>15070</b>	<b>4.5</b>	basketball, shooting baskets
				<b>15072</b>	<b>9.3</b>	basketball, drills, practice
15075	6.5	15075	6.5	<b>15075</b>	<b>7.8</b>	basketball, wheelchair
15080	2.5	15080	2.5	<b>15080</b>	<b>2.5</b>	billiards
15090	3.0	15090	3.0	<b>15090</b>	<b>3.0</b>	bowling (Taylor Code 390)
				<b>15092</b>	<b>3.8</b>	bowling, indoor, bowling alley
15100	12.0	15100	12.0	<b>15100</b>	<b>12.8</b>	boxing, in ring, general
15110	6.0	15110	6.0	<b>15110</b>	<b>5.5</b>	boxing, punching bag
15120	9.0	15120	9.0	<b>15120</b>	<b>7.8</b>	boxing, sparring
15130	7.0	15130	7.0	<b>15130</b>	<b>7.0</b>	broomball

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
15135	5.0	15135	5.0	<b>15135</b>	<b>5.8</b>	children's games, adults playing (e.g., hopscotch, 4-square, dodge ball, playground apparatus, t-ball, tetherball, marbles, jacks, arcade games), moderate effort
				<b>15138</b>	<b>6.0</b>	cheerleading, gymnastic moves, competitive
15140	4.0	15140	4.0	<b>15140</b>	<b>4.0</b>	coaching, football, soccer, basketball, baseball, swimming, etc.
				<b>15142</b>	<b>8.0</b>	coaching, actively playing sport with players
15150	5.0	15150	5.0	<b>15150</b>	<b>4.8</b>	cricket, batting, bowling, fielding
15160	2.5	15160	2.5	<b>15160</b>	<b>3.3</b>	croquet
15170	4.0	15170	4.0	<b>15170</b>	<b>4.0</b>	curling
15180	2.5	15180	2.5	<b>15180</b>	<b>2.5</b>	darts, wall or lawn
15190	6.0	15190	6.0	<b>15190</b>	<b>6.0</b>	drag racing, pushing or driving a car
				<b>15192</b>	<b>8.5</b>	auto racing, open wheel
15200	6.0	15200	6.0	<b>15200</b>	<b>6.0</b>	fencing
15210	9.0	15210	9.0	<b>15210</b>	<b>8.0</b>	football, competitive
15230	8.0	15230	8.0	<b>15230</b>	<b>8.0</b>	football, touch, flag, general (Taylor Code 510)
				<b>15232</b>	<b>4.0</b>	football, touch, flag, light effort
15235	2.5	15235	2.5	<b>15235</b>	<b>2.5</b>	football or baseball, playing catch
15240	3.0	15240	3.0	<b>15240</b>	<b>3.0</b>	frisbee playing, general
15250	3.5	15250	8.0	<b>15250</b>	<b>8.0</b>	frisbee, ultimate
15255	4.5	15255	4.5	<b>15255</b>	<b>4.8</b>	golf, general
15260	5.5					golf, carrying clubs
		15265	4.5	<b>15265</b>	<b>4.3</b>	golf, walking, carrying clubs
15270	3.0	15270	3.0	<b>15270</b>	<b>3.0</b>	golf, miniature, driving range
15280	5.0					golf, pulling clubs
		15285	4.3	<b>15285</b>	<b>5.3</b>	golf, walking, pulling clubs
15290	3.5	15290	3.5	<b>15290</b>	<b>3.5</b>	golf, using power cart (Taylor Code 070)
15300	4.0	15300	4.0	<b>15300</b>	<b>3.8</b>	gymnastics, general
15310	4.0	15310	4.0	<b>15310</b>	<b>4.0</b>	hacky sack
15320	12.0	15320	12.0	<b>15320</b>	<b>12.0</b>	handball, general (Taylor Code 520)
15330	8.0	15330	8.0	<b>15330</b>	<b>8.0</b>	handball, team
				<b>15335</b>	<b>4.0</b>	high ropes course, multiple elements
15340	3.5	15340	3.5	<b>15340</b>	<b>3.5</b>	hang gliding
15350	8.0	15350	8.0	<b>15350</b>	<b>7.8</b>	hockey, field
15360	8.0	15360	8.0	<b>15360</b>	<b>8.0</b>	hockey, ice, general
				<b>15362</b>	<b>10.0</b>	hockey, ice, competitive
15370	4.0	15370	4.0	<b>15370</b>	<b>5.5</b>	horseback riding, general
				<b>15375</b>	<b>4.3</b>	horse chores, feeding, watering, cleaning stalls, implied walking and lifting loads
15380	3.5	15380	3.5	<b>15380</b>	<b>4.5</b>	saddling, cleaning, grooming, harnessing and unharnessing horse

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
15390	6.5	15390	6.5	<b>15390</b>	<b>5.8</b>	horseback riding, trotting
				<b>15395</b>	<b>7.3</b>	horseback riding, canter or gallop
15400	2.5	15400	2.5	<b>15400</b>	<b>3.8</b>	horseback riding, walking
				<b>15402</b>	<b>9.0</b>	horseback riding, jumping
				<b>15408</b>	<b>1.8</b>	horse cart, driving, standing or sitting
15410	3.0	15410	3.0	<b>15410</b>	<b>3.0</b>	horseshoe pitching, quoits
15420	12.0	15420	12.0	<b>15420</b>	<b>12.0</b>	jai alai
				<b>15425</b>	<b>5.3</b>	martial arts, different types, slower pace, novice performers, practice
15430	10.0	15430	10.0	<b>15430</b>	<b>10.3</b>	martial arts, different types, moderate pace (e.g., judo, jujitsu, karate, kick boxing, tae kwan do, tai-bo, Muay Thai boxing)
15440	4.0	15440	4.0	<b>15440</b>	<b>4.0</b>	juggling
15450	7.0	15450	7.0	<b>15450</b>	<b>7.0</b>	kickball
15460	8.0	15460	8.0	<b>15460</b>	<b>8.0</b>	lacrosse
				<b>15465</b>	<b>3.3</b>	lawn bowling, bocce ball, outdoor
15470	4.0	15470	4.0	<b>15470</b>	<b>4.0</b>	moto-cross, off-road motor sports, all-terrain vehicle, general
15480	9.0	15480	9.0	<b>15480</b>	<b>9.0</b>	orienteering
15490	10.0	15490	10.0	<b>15490</b>	<b>10.0</b>	paddleball, competitive
15500	6.0	15500	6.0	<b>15500</b>	<b>6.0</b>	paddleball, casual, general (Taylor Code 460)
15510	8.0	15510	8.0	<b>15510</b>	<b>8.0</b>	polo, on horseback
15520	10.0	15520	10.0	<b>15520</b>	<b>10.0</b>	racquetball, competitive
15530	7.0	15530	7.0	<b>15530</b>	<b>7.0</b>	racquetball, general (Taylor Code 470)
				<b>15533</b>	<b>8.0</b>	rock or mountain climbing (Taylor Code 470) ( <i>Formerly code = 17120</i> )
15535	11.0	15535	11.0	<b>15535</b>	<b>7.5</b>	rock climbing, ascending rock, high difficulty
				<b>15537</b>	<b>5.8</b>	rock climbing, ascending or traversing rock, low-to-moderate difficulty
15540	8.0	15540	8.0	<b>15540</b>	<b>5.0</b>	rock climbing, rappelling
				<b>15542</b>	<b>4.0</b>	rodeo sports, general, light effort
				<b>15544</b>	<b>5.5</b>	rodeo sports, general, moderate effort
				<b>15546</b>	<b>7.0</b>	rodeo sports, general, vigorous effort
15550	12.0	15550	12.0	<b>15550</b>	<b>12.3</b>	rope jumping, fast pace, 120-160 skips/min
15551	10.0	15551	10.0	<b>15551</b>	<b>11.8</b>	rope jumping, moderate pace, 100-120 skips/min, general, 2 foot skip, plain bounce
15552	8.0	15552	8.0	<b>15552</b>	<b>8.8</b>	rope jumping, slow pace, < 100 skips/min, 2 foot skip, rhythm bounce
15560	10.0	15560	10.0	<b>15560</b>	<b>8.3</b>	rugby, union, team, competitive
				<b>15562</b>	<b>6.3</b>	rugby, touch, non-competitive
15570	3.0	15570	3.0	<b>15570</b>	<b>3.0</b>	shuffleboard
15580	5.0	15580	5.0	<b>15580</b>	<b>5.0</b>	skateboarding, general, moderate effort
				<b>15582</b>	<b>6.0</b>	skateboarding, competitive, vigorous effort
15590	7.0	15590	7.0	<b>15590</b>	<b>7.0</b>	skating, roller (Taylor Code 360)

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
		15591	12.0	<b>15591</b>	<b>7.5</b>	rollerblading, in-line skating, 14.4 km/h (9.0 mph), recreational pace
				<b>15592</b>	<b>9.8</b>	rollerblading, in-line skating, 17.7 km/h (11.0 mph), moderate pace, exercise training
				<b>15593</b>	<b>12.3</b>	rollerblading, in-line skating, 21.0 to 21.7 km/h (13.0 to 13.6 mph), fast pace, exercise training
				<b>15594</b>	<b>14.0</b>	rollerblading, in-line skating, 24.0 km/h (15.0 mph), maximal effort
15600	3.5	15600	3.5	<b>15600</b>	<b>3.5</b>	skydiving, base jumping, bungee jumping
15605	10.0	15605	10.0	<b>15605</b>	<b>10.0</b>	soccer, competitive
15610	7.0	15610	7.0	<b>15610</b>	<b>7.0</b>	soccer, casual, general (Taylor Code 540)
15620	5.0	15620	5.0	<b>15620</b>	<b>5.0</b>	softball or baseball, fast or slow pitch, general (Taylor Code 440)
				<b>15625</b>	<b>4.0</b>	softball, practice
15630	4.0	15630	4.0	<b>15630</b>	<b>4.0</b>	softball, officiating
15640	6.0	15640	6.0	<b>15640</b>	<b>6.0</b>	softball, pitching
				<b>15645</b>	<b>3.3</b>	sports spectator, very excited, emotional, physically moving
15650	12.0	15650	12.0	<b>15650</b>	<b>12.0</b>	squash (Taylor Code 530)
				<b>15652</b>	<b>7.3</b>	squash, general
15660	4.0	15660	4.0	<b>15660</b>	<b>4.0</b>	table tennis, ping pong (Taylor Code 410)
15670	4.0	15670	4.0	<b>15670</b>	<b>3.0</b>	tai chi, qi gong, general
				<b>15672</b>	<b>1.5</b>	tai chi, qi gong, sitting, light effort
15675	7.0	15675	7.0	<b>15675</b>	<b>7.3</b>	tennis, general
15680	6.0	15680	6.0	<b>15680</b>	<b>6.0</b>	tennis, doubles (Taylor Code 430)
		15685	5.0	<b>15685</b>	<b>4.5</b>	tennis, doubles
15690	8.0	15690	8.0	<b>15690</b>	<b>8.0</b>	tennis, singles (Taylor Code 420)
				<b>15695</b>	<b>5.0</b>	tennis, hitting balls, non-game play, moderate effort
15700	3.5	15700	3.5	<b>15700</b>	<b>3.5</b>	trampoline, recreational
				<b>15702</b>	<b>4.5</b>	trampoline, competitive
15710	4.0	15710	4.0	<b>15710</b>	<b>4.0</b>	volleyball (Taylor Code 400)
		15711	8.0	<b>15711</b>	<b>6.0</b>	volleyball, competitive, in gymnasium
15720	3.0	15720	3.0	<b>15720</b>	<b>3.0</b>	volleyball, non-competitive, 6 - 9 member team, general
15725	8.0	15725	8.0	<b>15725</b>	<b>8.0</b>	volleyball, beach, in sand
15730	6.0	15730	6.0	<b>15730</b>	<b>6.0</b>	wrestling (one match = 5 minutes)
15731	7.0	15731	7.0	<b>15731</b>	<b>7.0</b>	wallyball, general
		15732	4.0	<b>15732</b>	<b>4.0</b>	track and field (e.g., shot, discus, hammer throw)
		15733	6.0	<b>15733</b>	<b>6.0</b>	track and field (e.g., high jump, long jump, triple jump, javelin, pole vault)
		15734	10.0	<b>15734</b>	<b>10.0</b>	track and field (e.g., steeplechase, hurdles)
<b>Transportation</b>						
16010	2.0	16010	2.0	<b>16010</b>	<b>2.5</b>	automobile or light truck (not a semi) driving
		16015	1.0	<b>16015</b>	<b>1.3</b>	riding in a car or truck
		16016	1.0	<b>16016</b>	<b>1.3</b>	riding in a bus or train

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
16020	2.0	16020	2.0	<b>16020</b>	<b>1.8</b>	flying airplane or helicopter
16030	2.5	16030	2.5	<b>16030</b>	<b>3.5</b>	motor scooter, motorcycle
				<b>16035</b>	<b>6.3</b>	pulling rickshaw
16040	6.0	16040	6.0	<b>16040</b>	<b>6.0</b>	pushing plane in and out of hangar
16050	3.0	16050	3.0	<b>16050</b>	<b>2.5</b>	truck, semi, tractor, > 1 ton, or bus, driving
				<b>16060</b>	<b>3.5</b>	walking for transportation, 2.8-3.2 mph, level, moderate pace, firm surface
<b>Walking</b>						
17010	7.0	17010	7.0	<b>17010</b>	<b>7.0</b>	backpacking (Taylor Code 050)
				<b>17012</b>	<b>7.8</b>	backpacking, hiking or organized walking with a daypack
17020	3.5	17020	3.5	<b>17020</b>	<b>5.0</b>	carrying 15 pound load (e.g. suitcase), level ground or downstairs
				<b>17021</b>	<b>2.3</b>	carrying 15 lb child, slow walking
17025	9.0	17025	9.0	<b>17025</b>	<b>8.3</b>	carrying load upstairs, general
17026	5.0	17026	5.0	<b>17026</b>	<b>5.0</b>	carrying 1 to 15 lb load, upstairs
17027	6.0	17027	6.0	<b>17027</b>	<b>6.0</b>	carrying 16 to 24 lb load, upstairs
17028	8.0	17027	8.0	<b>17028</b>	<b>8.0</b>	carrying 25 to 49 lb load, upstairs
17029	10.0	17029	10.0	<b>17029</b>	<b>10.0</b>	carrying 50 to 74 lb load, upstairs
17030	12.0	17030	12.0	<b>17030</b>	<b>12.0</b>	carrying > 74 lb load, upstairs
		17031	3.0	<b>17031</b>	<b>3.5</b>	loading /unloading a car, implied walking
				<b>17033</b>	<b>6.3</b>	climbing hills, no load
17035	7.0	17035	7.0	<b>17035</b>	<b>6.5</b>	climbing hills with 0 to 9 lb load
17040	7.5	17040	7.5	<b>17040</b>	<b>7.3</b>	climbing hills with 10 to 20 lb load
17050	8.0	17050	8.0	<b>17050</b>	<b>8.3</b>	climbing hills with 21 to 42 lb load
17060	9.0	17060	9.0	<b>17060</b>	<b>9.0</b>	climbing hills with 42+ lb load
17070	3.0	17070	3.0	<b>17070</b>	<b>3.5</b>	descending stairs
17080	6.0	17080	6.0	<b>17080</b>	<b>6.0</b>	hiking, cross country (Taylor Code 040)
				<b>17082</b>	<b>5.3</b>	hiking or walking at a normal pace through fields and hillsides
		17085	2.5	<b>17085</b>	<b>2.5</b>	bird watching, slow walk
				<b>17088</b>	<b>4.5</b>	marching, moderate speed, military, no pack
17090	6.5	17090	6.5	<b>17090</b>	<b>8.0</b>	marching rapidly, military, no pack
17100	2.5	17100	2.5	<b>17100</b>	<b>4.0</b>	pushing or pulling stroller with child or walking with children, 2.5 to 3.1 mph
		17105	4.0	<b>17105</b>	<b>3.8</b>	pushing a wheelchair, non-occupational
17110	6.5	17110	6.5	<b>17110</b>	<b>6.5</b>	race walking
17120	8.0	17120	8.0			rock or mountain climbing (Taylor Code 060) ( <i>moved to sports, code = 15533</i> )
17130	8.0	17130	8.0	<b>17130</b>	<b>8.0</b>	stair climbing, using or climbing up ladder (Taylor Code 030)
				<b>17133</b>	<b>4.0</b>	stair climbing, slow pace
				<b>17134</b>	<b>8.8</b>	stair climbing, fast pace
17140	4.0	17140	5.0	<b>17140</b>	<b>5.0</b>	using crutches

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
17150	2.0	17150	2.0	<b>17150</b>	<b>2.0</b>	walking, household
		17151	2.0	<b>17151</b>	<b>2.0</b>	walking, less than 2.0 mph, level, strolling, very slow
		17152	2.5	<b>17152</b>	<b>2.8</b>	walking, 2.0 mph, level, slow pace, firm surface
17160	2.5	17160	3.5	<b>17160</b>	<b>3.5</b>	walking for pleasure (Taylor Code 010)
		17161	2.5	<b>17161</b>	<b>2.5</b>	walking from house to car or bus, from car or bus to go places, from car or bus to and from the worksite
		17162	2.5	<b>17162</b>	<b>2.5</b>	walking to neighbor's house or family's house for social reasons
		17165	3.0	<b>17165</b>	<b>3.0</b>	walking the dog
17170	3.0	17170	3.0	<b>17170</b>	<b>3.0</b>	walking, 2.5 mph, level, firm surface
17180	3.0	17180	2.8	<b>17180</b>	<b>3.3</b>	walking, 2.5 mph, downhill
17190	3.5	17190	3.3	<b>17190</b>	<b>3.5</b>	walking, 2.8 to 3.2 mph, level, moderate pace, firm surface
17200	4.0	17200	3.8	<b>17200</b>	<b>4.3</b>	walking, 3.5 mph, level, brisk, firm surface, walking for exercise
17210	6.0	17210	6.0	<b>17210</b>	<b>5.3</b>	walking, 2.9 to 3.5 mph, uphill, 1 to 5% grade
				<b>17211</b>	<b>8.0</b>	walking, 2.9 to 3.5 mph, uphill, 6% to 15% grade
17220	4.0	17220	5.0	<b>17220</b>	<b>5.0</b>	walking, 4.0 mph, level, firm surface, very brisk pace
17230	4.5	17230	6.3	<b>17230</b>	<b>7.0</b>	walking, 4.5 mph, level, firm surface, very, very brisk
		17231	8.0	<b>17231</b>	<b>8.3</b>	walking, 5.0 mph, level, firm surface
				<b>17235</b>	<b>9.8</b>	walking, 5.0 mph, uphill, 3% grade
17250	3.5	17250	3.5	<b>17250</b>	<b>3.5</b>	walking, for pleasure, work break
17260	5.0	17260	5.0	<b>17260</b>	<b>4.8</b>	walking, grass track
				<b>17262</b>	<b>4.5</b>	walking, normal pace, plowed field or sand
				<b>17270</b>	<b>4.0</b>	walking, to work or class (Taylor Code 015)
17270	4.0	17270	4.0	<b>17270</b>	<b>4.0</b>	walking, to work or class (Taylor Code 015)
				<b>17280</b>	<b>2.5</b>	walking, to and from an outhouse
				<b>17302</b>	<b>4.8</b>	walking, for exercise, 3.5 to 4 mph, with ski poles, Nordic walking, level, moderate pace
				<b>17305</b>	<b>9.5</b>	walking, for exercise, 5.0 mph, with ski poles, Nordic walking, level, fast pace
				<b>17310</b>	<b>6.8</b>	walking, for exercise, with ski poles, Nordic walking, uphill
				<b>17320</b>	<b>6.0</b>	walking, backwards, 3.5 mph, level
				<b>17325</b>	<b>8.0</b>	walking, backwards, 3.5 mph, uphill, 5% grade

#### Water Activities

18010	2.5	18010	2.5	<b>18010</b>	<b>2.5</b>	boating, power, driving
				<b>18012</b>	<b>1.3</b>	boating, power, passenger, light
18020	4.0	18020	4.0	<b>18020</b>	<b>4.0</b>	canoeing, on camping trip (Taylor Code 270)
		18025	3.3	<b>18025</b>	<b>3.3</b>	canoeing, harvesting wild rice, knocking rice off the stalks
18030	7.0	18030	7.0	<b>18030</b>	<b>7.0</b>	canoeing, portaging
18040	3.0	18040	3.0	<b>18040</b>	<b>2.8</b>	canoeing, rowing, 2.0-3.9 mph, light effort
18050	7.0	18050	7.0	<b>18050</b>	<b>5.8</b>	canoeing, rowing, 4.0-5.9 mph, moderate effort
18060	12.0	18060	12.0	<b>18060</b>	<b>12.5</b>	canoeing, rowing, kayaking, competition, >6 mph, vigorous effort
18070	3.5	18070	3.5	<b>18070</b>	<b>3.5</b>	canoeing, rowing, for pleasure, general (Taylor Code 250)

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
18080	12.0	18080	12.0	<b>18080</b>	<b>12.0</b>	canoeing, rowing, in competition, or crew or sculling (Taylor Code 260)
18090	3.0	18090	3.0	<b>18090</b>	<b>3.0</b>	diving, springboard or platform
18100	5.0	18100	5.0	<b>18100</b>	<b>5.0</b>	kayaking, moderate effort
18110	4.0	18110	4.0	<b>18110</b>	<b>4.0</b>	paddle boat
18120	3.0	18120	3.0	<b>18120</b>	<b>3.0</b>	sailing, boat and board sailing, windsurfing, ice sailing, general (Taylor Code 235)
18130	5.0	18130	5.0	<b>18130</b>	<b>4.5</b>	sailing, in competition
18140	3.0	18140	3.0	<b>18140</b>	<b>3.3</b>	sailing, Sunfish/Laser/Hobby Cat, Keel boats, ocean sailing, yachting, leisure
18150	6.0	18150	6.0	<b>18150</b>	<b>6.0</b>	skiing, water or wakeboarding (Taylor Code 220)
18160	7.0	18160	7.0	<b>18160</b>	<b>7.0</b>	jet skiing, driving, in water
18170	12.0					skindiving or scuba diving as frogman
18180	16.0	18180	16.0	<b>18180</b>	<b>15.8</b>	skindiving, fast
18190	12.5	18190	12.5	<b>18190</b>	<b>11.8</b>	skindiving, moderate
18200	7.0	18200	7.0	<b>18200</b>	<b>7.0</b>	skindiving, scuba diving, general (Taylor Code 310)
18210	5.0	18210	5.0	<b>18210</b>	<b>5.0</b>	snorkeling (Taylor Code 310)
18220	3.0	18220	3.0	<b>18220</b>	<b>3.0</b>	surfing, body or board, general
				<b>18222</b>	<b>5.0</b>	surfing, body or board, competitive
				<b>18225</b>	<b>6.0</b>	paddle boarding, standing
18230	10.0	18230	10.0	<b>18230</b>	<b>9.8</b>	swimming laps, freestyle, fast, vigorous effort
18240	8.0	18240	7.0	<b>18240</b>	<b>5.8</b>	swimming laps, freestyle, front crawl, slow, light or moderate effort
18250	8.0	18250	7.0	<b>18250</b>	<b>9.5</b>	swimming, backstroke, general, training or competition
				<b>18255</b>	<b>4.8</b>	swimming, backstroke, recreational
18260	10.0	18260	10.0	<b>18260</b>	<b>10.3</b>	swimming, breaststroke, general, training or competition
				<b>18265</b>	<b>5.3</b>	swimming, breaststroke, recreational
18270	11.0	18270	11.0	<b>18270</b>	<b>13.8</b>	swimming, butterfly, general
18280	11.0	18280	11.0	<b>18280</b>	<b>10.0</b>	swimming, crawl, fast speed, ~75 yards/minute, vigorous effort
18290	8.0	18290	8.0	<b>18290</b>	<b>8.3</b>	swimming, crawl, medium speed, ~50 yards/minute, vigorous effort
18300	6.0	18300	6.0	<b>18300</b>	<b>6.0</b>	swimming, lake, ocean, river (Taylor Codes 280, 295)
18310	6.0	18310	6.0	<b>18310</b>	<b>6.0</b>	swimming, leisurely, not lap swimming, general
18320	8.0	18320	8.0	<b>18320</b>	<b>7.0</b>	swimming, sidestroke, general
18330	8.0	18330	8.0	<b>18330</b>	<b>8.0</b>	swimming, synchronized
18340	10.0	18340	10.0	<b>18340</b>	<b>9.8</b>	swimming, treading water, fast, vigorous effort
18350	4.0	18350	4.0	<b>18350</b>	<b>3.5</b>	swimming, treading water, moderate effort, general
				<b>18352</b>	<b>2.3</b>	tubing, floating on a river, general
		18355	4.0	<b>18355</b>	<b>5.5</b>	water aerobics, water calisthenics
18360	10.0	18360	10.0	<b>18360</b>	<b>10.0</b>	water polo
18365	3.0	18365	3.0	<b>18365</b>	<b>3.0</b>	water volleyball
		18366	8.0	<b>18366</b>	<b>9.8</b>	water jogging



1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
18370	5.0	18370	5.0	18367	2.5	water walking, light effort, slow pace
				18368	4.5	water walking, moderate effort, moderate pace
				18369	6.8	water walking, vigorous effort, brisk pace
				18370	5.0	whitewater rafting, kayaking, or canoeing
				18380	5.0	windsurfing, not pumping for speed
				18385	11.0	windsurfing or kitesurfing, crossing trial
				18390	13.5	windsurfing, competition, pumping for speed
<b>Winter Activities</b>						
19010	6.0	19010	6.0	19005	7.5	dog sledding, mushing
				19006	2.5	dog sledding, passenger
				19010	6.0	moving ice house, set up/drill holes
				19011	2.0	ice fishing, sitting
19020	5.5	19020	5.5	19018	14.0	skating, ice dancing
				19020	5.5	skating, ice, 9 mph or less
19030	7.0	19030	7.0	19030	7.0	skating, ice, general (Taylor Code 360)
190410	9.0	19040	9.0	19040	9.0	skating, ice, rapidly, more than 9 mph, not competitive
19050	15.0	19050	15.0	19050	13.3	skating, speed, competitive
19060	7.0	19060	7.0	19060	7.0	ski jumping, climb up carrying skis
19075	7.0	19075	7.0	19075	7.0	skiing, general
19080	7.0	19080	7.0	19080	6.8	skiing, cross country, 2.5 mph, slow or light effort, ski walking
19090	8.0	19090	8.0	19090	9.0	skiing, cross country, 4.0-4.9 mph, moderate speed and effort, general
19100	9.0	19100	9.0	19100	12.5	skiing, cross country, 5.0-7.9 mph, brisk speed, vigorous effort
19110	14.0	19110	14.0	19110	15.0	skiing, cross country, >8.0 mph, elite skier, racing
19130	16.5	19130	16.5	19130	15.5	skiing, cross country, hard snow, uphill, maximum, snow mountaineering
				19135	13.3	skiing, cross-country, skating
				19140	13.5	skiing, cross-country, biathlon, skating technique
				19150	5.0	skiing, downhill, alpine or snowboarding, light effort, active time only
19160	6.0	19160	6.0	19160	5.3	skiing, downhill, alpine or snowboarding, moderate effort, general, active time only
19170	8.0	19170	8.0	19170	8.0	skiing, downhill, vigorous effort, racing
				19175	12.5	skiing, roller, elite racers
				19180	7.0	sledding, tobogganing, bobsledding, luge (Taylor Code 370)
19190	8.0	19190	8.0	19190	5.3	snow shoeing, moderate effort
19200	3.5	19200	3.5	19192	10.0	snow shoeing, vigorous effort
				19200	3.5	snowmobiling, driving, moderate
				19202	2.0	snowmobiling, passenger
				19252	5.3	snow shoveling, by hand, moderate effort
				19254	7.5	snow shoveling, by hand, vigorous effort

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
				19260	2.5	snow blower, walking and pushing
<b>Religious Activities</b>						
		20000	1.0	20000	1.3	sitting in church, in service, attending a ceremony, sitting quietly
		20001	2.5	20001	2.0	sitting, playing an instrument at church
		20005	1.5	20005	1.8	sitting in church, talking or singing, attending a ceremony, sitting, active participation
		20010	1.3	20010	1.3	sitting, reading religious materials at home
		20015	1.2	20015	1.3	standing quietly in church, attending a ceremony
		20020	2.0	20020	2.0	standing, singing in church, attending a ceremony, standing, active participation
		20025	1.0	20025	1.3	kneeling in church or at home, praying
		20030	1.8	20030	1.8	standing, talking in church
		20035	2.0	20035	2.0	walking in church
		20036	2.0	20036	2.0	walking, less than 2.0 mph, very slow
		20037	3.3	20037	3.5	walking, 3.0 mph, moderate speed, not carrying anything
		20038	3.8	20038	4.3	walking, 3.5 mph, brisk speed, not carrying anything
		20039	2.0	20039	2.0	walk/stand combination for religious purposes, usher
		20040	5.0	20040	5.0	praise with dance or run, spiritual dancing in church
		20045	2.5	20045	2.5	servicing food at church
		20046	2.0	20046	2.0	preparing food at church
		20047	2.3	20047	3.3	washing dishes, cleaning kitchen at church
		20050	1.5	20050	1.5	eating at church
		20055	2.0	20055	2.0	eating/talking at church or standing eating, American Indian Feast days
		20060	3.0	20060	3.3	cleaning church
		20061	5.0	20061	4.0	general yard work at church
		20065	2.5	20065	3.5	standing, moderate effort (e.g., lifting heavy objects, assembling at fast rate)
		20095	4.0	20095	4.5	standing, moderate-to-heavy effort, manual labor, lifting ≥ 50 lbs, heavy maintenance
		20100	1.5	20100	1.3	typing, electric, manual, or computer
<b>Volunteer Activities</b>						
		21000	1.5	21000	1.5	sitting, meeting, general, and/or with talking involved
		21005	1.5	21005	1.5	sitting, light office work, in general
		21010	2.5	21010	2.5	sitting, moderate work
		21015	2.3	21015	2.3	standing, light work (filing, talking, assembling)
		21016	2.5	21016	2.0	sitting, child care, only active periods
		21017	3.0	21017	3.0	standing, child care, only active periods
		21018	4.0	21018	3.5	walk/run play with children, moderate, only active periods
		21019	5.0	21019	5.8	walk/run play with children, vigorous, only active periods
		21020	3.0	21020	3.0	standing, light/moderate work (e.g., pack boxes, assemble/repair, set up chairs/furniture)
		21025	3.5	21025	3.5	standing, moderate (lifting 50 lbs., assembling at fast rate)

1993		2000		2011		Description
Code	METs	Code	METs	Code	METs	
		21030	4.0	<b>21030</b>	<b>4.5</b>	standing, moderate/heavy work
		21035	1.5	<b>21035</b>	<b>1.3</b>	typing, electric, manual, or computer
		21040	2.0	<b>21040</b>	<b>2.0</b>	walking, less than 2.0 mph, very slow
		21045	3.3	<b>21045</b>	<b>3.5</b>	walking, 3.0 mph, moderate speed, not carrying anything
		21050	3.8	<b>21050</b>	<b>4.3</b>	walking, 3.5 mph, brisk speed, not carrying anything
		21055	3.0	<b>21055</b>	<b>3.5</b>	walking, 2.5 mph slowly and carrying objects less than 25 lbs
		21060	4.0	<b>21060</b>	<b>4.5</b>	walking, 3.0 mph moderately and carrying objects less than 25 lbs, pushing something
		21065	4.5	<b>21065</b>	<b>4.8</b>	walking, 3.5 mph, briskly and carrying objects less than 25 lbs
		21070	3.0	<b>21070</b>	<b>3.0</b>	walk/stand combination, for volunteer purposes