

The 2011 Compendium of Physical Activities: Tracking Guide

| 1993   |      | 2000  |      | 2011         |             | Description  |
|--|------|-------|------|--------------|-------------|--|
| Code   | METs | Code  | METs | Code         | METs        |  |
| <b>Bicycling</b>   |      |       |      |              |             |  |
| * Code and METs in red and <i>italics</i> are estimated. |      |       |      |              |             |  |
|  |      |       |      | <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  |

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| 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 (Now code = 02150)  |
|       |      |       |      | 02101        | 2.5         | <b>02101</b>   |
| 02110 | 6.0  | 02110 | 6.0  | <b>02105</b> | <b>3.0</b>  | pilates, general   |
|       |      |       |      | <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 (Now code = 02052)                            |
| 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  |
|       |      |       |      | <b>02180</b> | <b>3.3</b>  | yoga, Surya Namaskar   |

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| Code                       | METs | Code  | METs | Code         | METs        |   |
|                            |      |       |      | <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  |
|                            |      |       |      | <b>04064</b> | <b>3.0</b>  | fishing, fishing wheel, setting net and retrieving fish, general  |

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| Code                   | METs | Code  | METs | Code         | METs        |  |
|                        |      |       |      | <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)              |
| 05042                  | 2.3  | 05042 | 2.5  | <b>05042</b> | <b>2.5</b>  | wash dishes, clearing dishes from table, walking, light effort                           |

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|       |      | 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 car,                 |
| 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   |
| 05160 | 2.5  | 05160 | 2.0  | <b>05160</b> | <b>2.0</b> | standing, light effort tasks (pump gas, change light bulb, etc.)   |

| 1993  |      | 2000  |      | 2011         |            | Description   |
|-------|------|-------|------|--------------|------------|---|
| Code  | METs | Code  | METs | Code         | METs       |   |
| 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 (formerly code 05187)          |
|       |      |       |      | <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   |
| 06100 | 5.0 | 06100 | 5.0 | <b>06100</b> | <b>5.0</b> | cleaning gutters   |

| 1993                          |      | 2000  |      | 2011         |             | Description   |
|-------------------------------|------|-------|------|--------------|-------------|---|
| Code                          | METs | Code  | METs | Code         | METs        |   |
| 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  |
| <b>Inactivity Quiet/Light</b> |      |       |      |              |             |   |
| 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>0.95</b> | sleeping  |
| 07040                         | 1.2  | 07040 | 1.2  | <b>07040</b> | <b>1.3</b>  | standing quietly, standing in a line  |
|                               |      |       |      | <b>07041</b> | <b>1.8</b>  | standing, fidgeting   |



| 1993                   |      | 2000  |      | 2011         |            | Description  |
|------------------------|------|-------|------|--------------|------------|--|
| Code                   | METs | Code  | METs | Code         | METs       |  |
| 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   |
| 08180                  | 3.0  | 08180 | 3.0  | <b>08180</b> | <b>3.0</b> | riding snow blower   |



| 1993  |      | 2000  |      | 2011         |            | Description   |
|-------|------|-------|------|--------------|------------|---|
| Code  | METs | Code  | METs | Code         | METs       |   |
| 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**

|       |     |       |     |              |            |  |
|-------|-----|-------|-----|--------------|------------|--|
| 09010 | 1.5 | 09010 | 1.5 | <b>09000</b> | <b>1.5</b> | board game playing, sitting  |
|       |     |       |     | <b>09005</b> | <b>2.5</b> | casino gambling, standing  |
|       |     |       |     | <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                |
| 09070 | 1.8 | 09070 | 1.8 | <b>09070</b> | <b>1.8</b> | standing, reading  |

| 1993 |      | 2000  |      | 2011         |            | Description   |
|------|------|-------|------|--------------|------------|---|
| Code | METs | Code  | METs | Code         | METs       |   |
|      |      | 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                    |
| 11010 | 4.0 | 11010 | 4.0 | <b>11010</b> | <b>4.0</b> | bakery, general, moderate effort            |

| 1993  |      | 2000  |      | 2011         |            | Description  |
|-------|------|-------|------|--------------|------------|--|
| Code  | METs | Code  | METs | Code         | METs       |  |
|       |      | 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   |
| 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   |

| 1993  |      | 2000  |      | 2011         |             | Description  |
|-------|------|-------|------|--------------|-------------|--|
| Code  | METs | Code  | METs | Code         | METs        |  |
| 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.                         |
|       |      |       |      | <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  |

| 1993  |      | 2000  |      | 2011         |             | Description   |
|-------|------|-------|------|--------------|-------------|---|
| Code  | METs | Code  | METs | Code         | METs        |   |
| 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   |
| 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)                                  |

| 1993  |      | 2000  |      | 2011         |            | Description  |
|-------|------|-------|------|--------------|------------|--|
| Code  | METs | Code  | METs | Code         | METs       |  |
| 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> | Truch, 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  |
|       |      | 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   |

| 1993  |      | 2000  |      | 2011         |            | Description  |
|-------|------|-------|------|--------------|------------|--|
| Code  | METs | Code  | METs | Code         | METs       |  |
|       |      | 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                            |
|       |      |       |      | <b>12200</b> | <b>13.3</b> | running, marathon  |

### Self Care

|       |     |       |     |              |            |  |
|-------|-----|-------|-----|--------------|------------|--|
| 13000 | 2.5 | 13000 | 2.0 | <b>13000</b> | <b>2.3</b> | getting ready for bed, general, standing |
|-------|-----|-------|-----|--------------|------------|--|



| 1993                   |      | 2000  |      | 2011         |             | Description   |
|------------------------|------|-------|------|--------------|-------------|---|
| Code                   | METs | Code  | METs | Code         | METs        |   |
| 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   |
| 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   |

| 1993  |      | 2000  |      | 2011         |             | Description   |
|-------|------|-------|------|--------------|-------------|---|
| Code  | METs | Code  | METs | Code         | METs        |   |
| 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                     |
| 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  |

| 1993  |      | 2000  |      | 2011         |             | Description  |
|-------|------|-------|------|--------------|-------------|--|
| Code  | METs | Code  | METs | Code         | METs        |  |
| 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)  |
|       |      | 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  |

| 1993  |      | 2000  |      | 2011         |             | Description  |
|-------|------|-------|------|--------------|-------------|--|
| Code  | METs | Code  | METs | Code         | METs        |  |
| 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)                                  |

### Transportation

|       |     |       |     |              |            |   |
|-------|-----|-------|-----|--------------|------------|---|
| 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  |
| 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 |

| 1993           |      | 2000  |      | 2011         |             | Description  |
|----------------|------|-------|------|--------------|-------------|--|
| Code           | METs | Code  | METs | Code         | METs        |  |
| <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   |
| 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   |

| 1993  |      | 2000  |      | 2011         |            | Description   |
|-------|------|-------|------|--------------|------------|---|
| Code  | METs | Code  | METs | Code         | METs       |   |
|       |      | 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  |
| 17270 | 4.0  | 17270 | 4.0  | <b>17270</b> | <b>4.0</b> | walking, to work or class (Taylor Code 015)   |
|       |      | 17280 | 2.5  | <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)                            |
| 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  |

| 1993  |      | 2000  |      | 2011         |             | Description  |
|-------|------|-------|------|--------------|-------------|--|
| Code  | METs | Code  | METs | Code         | METs        |  |
| 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  |
|       |      |       |      | <b>18367</b> | <b>2.5</b>  | water walking, light effort, slow pace   |
|       |      |       |      | <b>18368</b> | <b>4.5</b>  | water walking, moderate effort, moderate pace                                  |
|       |      |       |      | <b>18369</b> | <b>6.8</b>  | water walking, vigorous effort, brisk pace                                     |
| 18370 | 5.0  | 18370 | 5.0  | <b>18370</b> | <b>5.0</b>  | whitewater rafting, kayaking, or canoeing                                      |
|       |      |       |      | <b>18380</b> | <b>5.0</b>  | windsurfing, not pumping for speed   |
|       |      |       |      | <b>18385</b> | <b>11.0</b> | windsurfing or kitesurfing, crossing trial                                     |



| 1993                        |      | 2000  |      | 2011         |             | Description  |
|-----------------------------|------|-------|------|--------------|-------------|--|
| Code                        | METs | Code  | METs | Code         | METs        |  |
|                             |      |       |      | <b>18390</b> | <b>13.5</b> | windsurfing, competition, pumping for speed  |
| <b>Winter Activities</b>    |      |       |      |              |             |  |
|                             |      |       |      | <b>19005</b> | <b>7.5</b>  | dog sledding, mushing  |
|                             |      |       |      | <b>19006</b> | <b>2.5</b>  | dog sledding, passenger  |
| 19010                       | 6.0  | 19010 | 6.0  | <b>19010</b> | <b>6.0</b>  | moving ice house, set up/drill holes   |
|                             |      |       |      | <b>19011</b> | <b>2.0</b>  | ice fishing, sitting   |
|                             |      |       |      | <b>19018</b> | <b>14.0</b> | skating, ice dancing   |
| 19020                       | 5.5  | 19020 | 5.5  | <b>19020</b> | <b>5.5</b>  | skating, ice, 9 mph or less  |
| 19030                       | 7.0  | 19030 | 7.0  | <b>19030</b> | <b>7.0</b>  | skating, ice, general (Taylor Code 360)  |
| 190410                      | 9.0  | 19040 | 9.0  | <b>19040</b> | <b>9.0</b>  | skating, ice, rapidly, more than 9 mph, not competitive                                    |
| 19050                       | 15.0 | 19050 | 15.0 | <b>19050</b> | <b>13.3</b> | skating, speed, competitive  |
| 19060                       | 7.0  | 19060 | 7.0  | <b>19060</b> | <b>7.0</b>  | ski jumping, climb up carrying skis  |
| 19075                       | 7.0  | 19075 | 7.0  | <b>19075</b> | <b>7.0</b>  | skiing, general  |
| 19080                       | 7.0  | 19080 | 7.0  | <b>19080</b> | <b>6.8</b>  | skiing, cross country, 2.5 mph, slow or light effort, ski walking                          |
| 19090                       | 8.0  | 19090 | 8.0  | <b>19090</b> | <b>9.0</b>  | skiing, cross country, 4.0-4.9 mph, moderate speed and effort, general                     |
| 19100                       | 9.0  | 19100 | 9.0  | <b>19100</b> | <b>12.5</b> | skiing, cross country, 5.0-7.9 mph, brisk speed, vigorous effort                           |
| 19110                       | 14.0 | 19110 | 14.0 | <b>19110</b> | <b>15.0</b> | skiing, cross country, >8.0 mph, elite skier, racing                                       |
| 19130                       | 16.5 | 19130 | 16.5 | <b>19130</b> | <b>15.5</b> | skiing, cross country, hard snow, uphill, maximum, snow mountaineering                     |
|                             |      |       |      | <b>19135</b> | <b>13.3</b> | skiing, cross-country, skating   |
|                             |      |       |      | <b>19140</b> | <b>13.5</b> | skiing, cross-country, biathlon, skating technique   |
| 19150                       | 5.0  | 19150 | 5.0  | <b>19150</b> | <b>4.3</b>  | skiing, downhill, alpine or snowboarding, light effort, active time only                   |
| 19160                       | 6.0  | 19160 | 6.0  | <b>19160</b> | <b>5.3</b>  | skiing, downhill, alpine or snowboarding, moderate effort, general, active time only       |
| 19170                       | 8.0  | 19170 | 8.0  | <b>19170</b> | <b>8.0</b>  | skiing, downhill, vigorous effort, racing  |
|                             |      |       |      | <b>19175</b> | <b>12.5</b> | skiing, roller, elite racers   |
| 19180                       | 7.0  | 19180 | 7.0  | <b>19180</b> | <b>7.0</b>  | sledding, tobogganing, bobsledding, luge (Taylor Code 370)                                 |
| 19190                       | 8.0  | 19190 | 8.0  | <b>19190</b> | <b>5.3</b>  | snow shoeing, moderate effort  |
|                             |      |       |      | <b>19192</b> | <b>10.0</b> | snow shoeing, vigorous effort  |
| 19200                       | 3.5  | 19200 | 3.5  | <b>19200</b> | <b>3.5</b>  | snowmobiling, driving, moderate  |
|                             |      |       |      | <b>19202</b> | <b>2.0</b>  | snowmobiling, passenger  |
|                             |      |       |      | <b>19252</b> | <b>5.3</b>  | snow shoveling, by hand, moderate effort   |
|                             |      |       |      | <b>19254</b> | <b>7.5</b>  | snow shoveling, by hand, vigorous effort   |
|                             |      |       |      | <b>19260</b> | <b>2.5</b>  | snow blower, walking and pushing   |
| <b>Religious Activities</b> |      |       |      |              |             |  |
|                             |      | 20000 | 1.0  | <b>20000</b> | <b>1.3</b>  | sitting in church, in service, attending a ceremony, sitting quietly                       |
|                             |      | 20001 | 2.5  | <b>20001</b> | <b>2.0</b>  | sitting, playing an instrument at church   |
|                             |      | 20005 | 1.5  | <b>20005</b> | <b>1.8</b>  | sitting in church, talking or singing, attending a ceremony, sitting, active participation |
|                             |      | 20010 | 1.3  | <b>20010</b> | <b>1.3</b>  | sitting, reading religious materials at home   |

| 1993 |      | 2000  |      | 2011         |            | Description   |
|------|------|-------|------|--------------|------------|---|
| Code | METs | Code  | METs | Code         | METs       |   |
|      |      | 20015 | 1.2  | <b>20015</b> | <b>1.3</b> | standing quietly in church, attending a ceremony                                      |
|      |      | 20020 | 2.0  | <b>20020</b> | <b>2.0</b> | standing, singing in church, attending a ceremony, standing, active participation     |
|      |      | 20025 | 1.0  | <b>20025</b> | <b>1.3</b> | kneeling in church or at home, praying  |
|      |      | 20030 | 1.8  | <b>20030</b> | <b>1.8</b> | standing, talking in church   |
|      |      | 20035 | 2.0  | <b>20035</b> | <b>2.0</b> | walking in church   |
|      |      | 20036 | 2.0  | <b>20036</b> | <b>2.0</b> | walking, less than 2.0 mph, very slow   |
|      |      | 20037 | 3.3  | <b>20037</b> | <b>3.5</b> | walking, 3.0 mph, moderate speed, not carrying anything                               |
|      |      | 20038 | 3.8  | <b>20038</b> | <b>4.3</b> | walking, 3.5 mph, brisk speed, not carrying anything                                  |
|      |      | 20039 | 2.0  | <b>20039</b> | <b>2.0</b> | walk/stand combination for religious purposes, usher                                  |
|      |      | 20040 | 5.0  | <b>20040</b> | <b>5.0</b> | praise with dance or run, spiritual dancing in church                                 |
|      |      | 20045 | 2.5  | <b>20045</b> | <b>2.5</b> | serving food at church  |
|      |      | 20046 | 2.0  | <b>20046</b> | <b>2.0</b> | preparing food at church  |
|      |      | 20047 | 2.3  | <b>20047</b> | <b>3.3</b> | washing dishes, cleaning kitchen at church  |
|      |      | 20050 | 1.5  | <b>20050</b> | <b>1.5</b> | eating at church  |
|      |      | 20055 | 2.0  | <b>20055</b> | <b>2.0</b> | eating/talking at church or standing eating, American Indian Feast days               |
|      |      | 20060 | 3.0  | <b>20060</b> | <b>3.3</b> | cleaning church   |
|      |      | 20061 | 5.0  | <b>20061</b> | <b>4.0</b> | general yard work at church   |
|      |      | 20065 | 2.5  | <b>20065</b> | <b>3.5</b> | standing, moderate effort (e.g., lifting heavy objects, assembling at fast rate)      |
|      |      | 20095 | 4.0  | <b>20095</b> | <b>4.5</b> | standing, moderate-to-heavy effort, manual labor, lifting ≥ 50 lbs, heavy maintenance |
|      |      | 20100 | 1.5  | <b>20100</b> | <b>1.3</b> | typing, electric, manual, or computer   |

### Volunteer Activities

|  |  |       |     |              |            |  |
|--|--|-------|-----|--------------|------------|--|
|  |  | 21000 | 1.5 | <b>21000</b> | <b>1.5</b> | sitting, meeting, general, and/or with talking involved                                    |
|  |  | 21005 | 1.5 | <b>21005</b> | <b>1.5</b> | sitting, light office work, in general   |
|  |  | 21010 | 2.5 | <b>21010</b> | <b>2.5</b> | sitting, moderate work   |
|  |  | 21015 | 2.3 | <b>21015</b> | <b>2.3</b> | standing, light work (filing, talking, assembling)   |
|  |  | 21016 | 2.5 | <b>21016</b> | <b>2.0</b> | sitting, child care, only active periods   |
|  |  | 21017 | 3.0 | <b>21017</b> | <b>3.0</b> | standing, child care, only active periods  |
|  |  | 21018 | 4.0 | <b>21018</b> | <b>3.5</b> | walk/run play with children, moderate, only active periods                                 |
|  |  | 21019 | 5.0 | <b>21019</b> | <b>5.8</b> | walk/run play with children, vigorous, only active periods                                 |
|  |  | 21020 | 3.0 | <b>21020</b> | <b>3.0</b> | standing, light/moderate work (e.g., pack boxes, assemble/repair, set up chairs/furniture) |
|  |  | 21025 | 3.5 | <b>21025</b> | <b>3.5</b> | standing, moderate (lifting 50 lbs., assembling at fast rate)                              |
|  |  | 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                              |

| 1993 |      | 2000  |      | 2011         |            | Description  |
|------|------|-------|------|--------------|------------|--|
| Code | METs | Code  | METs | Code         | METs       |  |
|      |      | 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                                       |